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THURSDAY, JANUARY 3, 2019

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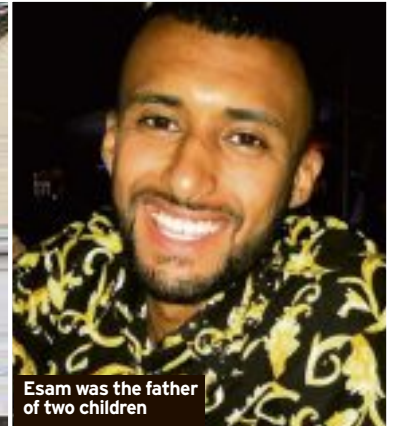
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MAN WHO GROOMED TEEN
ACCEPTS CONVICTION

PAGES 6&7

POLICE DETERMINED TO TRACK DOWN THOSE
RESPONSIBLE FOR KILLING FATHER OF TWO
FROM HARLOW **FULL STORY PAGE 5**



Esam was the father
of two children



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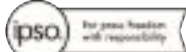
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Alice In Wonderland is coming to Saffron Walden



What's ON

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A WHOLE NEW WORLD

ALADDIN: Playhouse Theatre, Playhouse Square, Harlow, Until Sunday, January 6, times vary

■ Join the magical carpet ride all the way to Peking for this year's spectacular pantomime, Aladdin, at The Harlow Playhouse.

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Tickets from £15.50. For more details visit: www.harlowplayhouse.co.uk

A MUSICAL DELIGHT

THESCREENLIVE ENCORE: Rhodes Arts Complex, 1-3 South Road, Bishop's Stortford, The King and I: Wednesday, January 9 and 10, 7.30pm

■ Rodgers and Hammerstein's The King And I musical comes to thescreen in this event recorded live at London's iconic Palladium.

Reprising her Tony Award-winning role, Kelli O'Hara (Anna) takes to the stage alongside Tony and Oscar nominee, Ken Watanabe (The King) in a "powerhouse" (The Times) performance.

Also returning to her Tony Award-winning role as Lady Thiang is Ruthie Ann Miles.

Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.

With one of the finest scores ever written, including Whistle a Happy Tune, Getting to Know You, and Shall We Dance, and featuring a company of over 50 world class performers, The King and I is a testament to the lavish heritage of gloriously romantic musical theatre - it is the greatest musical from the golden age of musicals.

Tickets £16.50 adults, £11.50 children. Visit: www.rhodesartscomplex.co.uk



Shoplifters will be shown at County High School

ALL THAT JAZZ

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Tickets £13.50, adults, £7 children. For more details visit: www.saffronhall.com

ON THE BIG SCREEN

SHOPLIFTERS (MANBIKI KAZOKU): County High School, Audley End Road, Saffron Walden, Monday, January 7, 8pm

■ Winner of the top prize at Cannes, this moving drama from Hirokazu Kore-eda

follows a poverty-stricken Tokyo family, scrimping and saving, and stealing when necessary to make ends meet.

One night they find a young girl, shut out of her home, and take her in.

But her arrival begins to reveal the bonds and fractures in this unconventional domestic unit.

Winner of the top prize at Cannes Film Festival last year, this nuanced family portrait offers social critique and impeccable performances, captured by a director at the top of his game. (2018 Japan 121 minutes, subtitled).

Tickets £8.40. For more details visit: www.saffronscreen.com

HERE COMES ALICE

ALICE IN WONDERLAND: Saffron Walden Town Hall, Market Place, Friday, January 11-9, 7.30pm

■ Saffron Players is a well known Amateur Dramatics group in Saffron Walden, which has been staging productions in the town for many years. Its main show each year is the much-loved pantomime.

Tickets from £10 available from www.thelittleboxoffice.com/saffronplayers/ and from the Saffron Walden Tourist Information Centre.

For more details visit: www.saffronplayersuk.webs.com

News



Alison Thea-Skot is making a name for herself in the comedy world



Alison's standing up for career in comedy

By **HANNAH BROWN**

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@essexlive

YOU may know Cher, but have you ever imagined her as a bat hiding in a cave from death?

No? Well most people wouldn't, but this is the weird and wonderful world of Alison Thea-Skot's comedy.

Born in Harlow and raised in Bishop's Stortford, Alison likes to take the ordinary and show it in a different light in her unique style of sketch comedy.

"I love comedy. I'm guessing that is universal for anyone who decides to do this as a career," Alison said.

"I do character comedy, it's quite surreal. I find things that feel funny to me, where I get my ideas from is one of the hardest things to explain.

"I get a little idea, like wouldn't it be amazing if you could hear what an Oyster card thought?

"I played the character of Celine Dion where she couldn't bend her arms, because in my mind she could bend her arm from

singing top notes with her arms out.

"Cher was a bat, there's something quite bat like about Cher. She was living in a cave hiding from death.

"It was 2016 the year of the celebrity apocalypse so in my mind she had been hiding from death so long she became a bat.

"It's the right side of surreal, the right side of probable for the audience."

These are just a few of the weird and wonderful characters Alison takes on in her comedy shows.

The inspiration for Alison's comedy comes from all over.

The 36-year-old explained that her sense of humour developed through her family and then was inspired by other comedians.

"I was brought up in a very sarcastic household, my brothers are very funny, I learnt a little bit from them," she explained.

"Comedy has always been a part of my life. I have also been inspired by comedy shows like Vic and Bob and the Mighty Boosh."

Alison first began her life as a comedian as part of a comedy sketch group.

Made up of other actors she met while performing in plays after drama school, they performed at the Edinburgh Fringe Festival.

"I was doing plays out of drama school with a couple of actors I found funny and we decided to form a sketch group," Alison said.

"We went to the 2007 Edinburgh Fringe. It was a lovely way to start, to do my first Fringe surrounded by friends.

"I learnt so much doing that first Fringe."

She added: "One of our first sketches was a spoof of X Factor, which at the time felt really fresh. Starting in a sketch comedy group was great as it gave me the confidence to go on and do solo comedy."

As solo character comedian, Alison launched onto the comedy circuit in 2010 and within a year was a finalist in both The Funny's Funny and Funny Women competitions. She has appeared at nine Edinburgh Fringe Festival's in total, five of them as a solo comedian.

Her live comedy show Thea-Skot Through The Heart and You're to Blame is now available to stream on nextupcomedy.com

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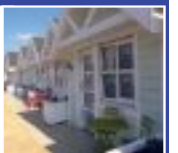


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News



It is disgraceful that London boroughs are using Harlow to deal with their housing shortages
Councillor Mark Ingall

Councils concerned at level of rehousing

LEADERS FROM COUNTY WRITE TO LONDON MAYOR

By HANNAH BROWN

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@essexlive

ALL the council leaders in Essex have signed a letter highlighting concerns over families being rehoused from London into the county.

The letter has been sent to the Mayor of London and the leaders and directly elected mayors of each of the London boroughs.

A total of 11 issues have been highlighted in the letter that have been raised by housing officers across the county.

These issues include a lack of communication between London authorities and Essex councils informing them of people being moved into the area, families being placed in inadequate housing, and the impact on local services.

The letter also warns of cases where families have been moved far away from support networks such as friends, family and jobs, meaning their situation can actually worsen.

Councillor David Finch, the leader of Essex County Council, said: "The current situation of vulnerable families being moved to Essex is untenable."

"We of course recognise the difficulties all local authorities are facing in such a constrained financial environment, but we must work together more effectively to ensure everyone in



Councillor Mark Ingall, leader of Harlow Council

Essex is given the opportunity to succeed and thrive with the appropriate support networks, schooling and accommodation.

"This letter will help to ensure this happens and that every family in Essex will receive the support they need."

Harlow has reported having a particular problems with families being placed in the area, often in housing that has been converted from office space to residential accommodation under permitted development rights, meaning planning per-

mission wasn't required.

Councillor Mark Ingall, leader of Harlow Council, said: "It is disgraceful that London boroughs are using Harlow to deal with their housing shortages, especially when the town has its own shortage of housing."

"The negative impact on families placed out of the area they live can be huge."

"This is particularly true for children and young people, because they are removed from familiar surroundings, extended family and friends, and their education is often interrupted and future potential impacted."

"Whilst we may have some sympathy for other councils and the issues they face with housing shortages and the cost of housing in their respective areas, this is not the solution."

"Our residents also hear about and see these things happening and, without the full facts, understandably get frustrated that accommodation in the town is not going to those from Harlow who need it."

"We are not against any families wanting to move to Harlow to start a new life. People move here every day and as a new town Harlow will always have a close association with London."

"However, what we are against is London boroughs using Harlow to ease their own housing shortages, and in the process moving people miles away from their families and their local communities against their wishes."

The letter also details a number of steps to resolve the concerns raised by the Essex councils.

Councillor Graham Butland, the leader of Braintree District Council, said: "We know the impact on Essex has been significant and together we support this move to highlight issues affecting the county."

Councillor Roy Whitehead, leader of Chelmsford City Council, said: "We do not want to stop people moving into the county, but people need to be housed in appropriate accommodation for their needs and we want to work together with the relevant authorities to facilitate this."

Councillor Adrian Fluker, leader of Maldon District Council, said: "Unlike other districts and boroughs in Essex, we have not seen the pressure from London boroughs that others have."

"However, I fully support this move to ensure that the decision makers in London take notice, and work constructively with us across the county to resolve these issues."

Councillor Louise McKinlay, leader of Brentwood Borough Council, said: "It is increasingly apparent that a cohesive and coherent approach is needed for us to help in the best way we can and this is why we support this call for change in London's approach to this issue."

"It is not right or fair that long term costs of high dependency families who are being moved from London, are subsequently funded by Essex taxpayers."

Councillor Syd Stavrou, the portfolio holder for housing at Epping Forest District Council, said: "Sending homeless people to Essex might solve the immediate problem for the London boroughs, but it is not the best answer."

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A cordon was put up around a house on Ogard Road, Hoddesdon, after the shooting

'Help us bring justice to family of shooting victim'

By **CHARLOTTE PAGE**

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@journopage

POLICE are determined to bring to justice those involved in the killing of a father-of-two from Harlow.

Emergency services were called to Ogard Road, Hoddesdon, at 9.25pm on Tuesday, December 4, after receiving reports of a man in his twenties suffering a gunshot wound to his face.

The victim, named as 26-year-old Esam Ayad, was taken to hospital but died from his injuries the following day.

Mr Ayad's family are being supported by specialist officers from the Bedfordshire, Cambridgeshire and Hertfordshire major crime unit.

A 16-year-old boy and a 27-year-old man from Broxbourne were arrested on suspicion of murder, as was a 25-year-old man, of no fixed address.

DETECTIVES DETERMINED TO CATCH ESAM'S KILLERS

The teenager and the 27-year-old have been released on police bail while investigations continue. Meanwhile, the 25-year-old man has been recalled to prison.

Tributes have poured in online to My Ayad, also known as Hadje, with one friend writing: "I am still in complete shock. I can't believe you have been taken from your family and friends."

"You were my closest friend when we was younger always down the poundy having a laugh with everyone."

"Thank you for looking after my baby brother and being there for him when no one else was. I am heartbroken."

"I will be there for your family like

you was for mine. Our king Hadje rest in peace and keep smiling up there."

Detective Chief Inspector Jerome Kent, from the Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit, said: "A father of two very young children has had his life tragically cut short, leaving his father, fiancée and wider family absolutely devastated."

"We're determined to identify, arrest and bring to justice those who were involved in Esam's death and provide answers to his family about why this has happened."

"I'm again appealing for anyone who has any information, no matter how small it might seem, to get in touch."

"If you were in the Ogard Road area on the night of the shooting and have not already spoken to police, please get in touch as soon as possible."

"Even if you believe you did not witness anything we still need to speak to you so that you can be eliminated from our enquiries."

Anyone who was in Ogard Road, Castle Road, Old Highway, Old Highway Recreation Ground, Lee Road or St Cuthberts Road between 9.15pm and 9.30pm on Tuesday, December 4, is asked to call police via the non-emergency number 101, quoting crime reference 41/62710/18.

People can also get in touch online at herts.police.uk/Report/Report.

If you would prefer to remain anonymous, information can be reported via Crimestoppers on 0800 555 111 or through its online form at crimestoppers-uk.org



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News

Man who groomed teen accepts jury conviction

By SOPHIE FINNEGAN

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@sophiefinnegan

A MARRIED dad-of-two who claims he has spent the last decade struggling with his sexuality has finally admitted a jury was right to convict him of trying to meet a 15-year-old boy for sex.

Maurice Peacock, 78, of Parsloe Road on the outskirts of Harlow, was found guilty of attempting to meet a child in Harlow after grooming him and sending a series of explicit videos and photos. He had previously denied all charges but after a conversation with his barrister before his sentencing hearing on Decem-

PENSIONER CAUGHT OUT BY ONLINE VIGILANTE PROFILE

ber 20, Peacock, who helped to run Tye Green Indoor Bowls Club, admitted his guilt.

The pensioner was snared by 'paedophile hunter group' CSE Interceptors who used a decoy to set up a profile of a 15-year old boy on the gay dating app Grindr.

At Chelmsford Crown Court prosecutor Raj Joshi outlined the facts of the case to the court.

On May 15 shortly after 2pm, the online investigator received a mes-

sage by an account held by the defendant which was named 'Daddy for Teen'.

The profile named 'Boredteenager' told Peacock he was 15 to which he replied with "nice" and the conversation continued.

Peacock sent the profile two images of a penis, one video of male masturbating and another video of man having anal sex.

While discussing meeting up, the profile asked what they would do to which Peacock replies: 'Meet you and like to suck your c***'.

Mr Joshi told the court the profile continually said he was 15 or was at school age during their conversations.

On May 17, the two arranged to meet at McDonald's at

10.40am and the investigator rang the police after spotting Peacock's grey Mercedes.

Peacock, who has no previous convictions, was arrested and told officers in the car: "I have arranged to meet a lad because I'm gay/bisexual."

Addressing Judge Emma Peters, Mr Joshi claimed that although this was an attempt, there was continued contact and reminded the judge of the pornography that he said could have been classed as "extreme."

Peacock also asked for the profile's number so that they could WhatsApp which Mr Joshi reiterated was encrypted.

John Cammehgh, mitigating lawyer for Peacock, described how his client denied criminal culpability claiming he had gone ahead with the conversation to "out a paedophile hunter".

"He was not able to recognise the seriousness of his actions and

believed that he does not require intervention. He was annoyed at receiving a sentence.

"With that in mind, I have had a

Maurice Peacock attending Chelmsford Crown Court, and inset

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News



“

You groomed him over period a period of three days talking to him about sexual activity and sending him two videos. Then you attempted to meet this boy you believed to be 15

Judge Emma Peters

what happened was never the less a criminal offence and one for which he is criminally culpable,” Mr Cammegh continued.

“He can no longer bear the burden. He has acknowledged that he has a serious problem and that problem is in relation to teenage males. He accepts he was rightly convicted. This has been very difficult for him to confront in public.

“He is from a time where homosexuality was looked on with shame and disgrace. He has struggled over the last ten years that he is bisexual and thought the safest way is to just deny it as he has done to the world outside.

“He wishes to apologise to everyone concerned; to his family, to the court and to the jury for having heard this miserable case.”

Sentencing, Judge Peters told Peacock: “You grew up in an era when

homosexuality was illegal. Let me be clear, homosexual relationships are just as loving as decent as heterosexual relationships, this case is about your attempt to meet a child. You have finally accepted that you have a problem, the problem is not that you are a homosexual, the problem is that you are attracted to children.

“You groomed him over period a period of three days talking to him about sexual activity and sending him two videos. Then you attempted to meet this boy you believed to be 15, that was a child and that is why you are in the dock. If it had been a real boy you could face up to seven years imprisonment. I can’t ignore that there was no child.

“Nonetheless, even though it wasn’t a real child, that still could see two years imprisonment with a range of one to four years.”

Peacock was given a two-year sentence which was suspended for two years, ordered to carry out 50 days of rehabilitation and complete the Horizon programme.

He was also placed on the sex offenders register and was ordered to pay costs of £2,800.



robust conversation with Mr Peacock this morning and his wife, who is the real victim of all of this.

“In face of photographers outside the building, she has continued to come here. One of his children has travelled all the way from Dallas with her husband and two children.

“It is quite remarkable when one

sees that much loyalty and love which has been placed under stress.

“He struggled with the idea that as they go over the age of consent they are no longer vulnerable, that is a matter that troubled the writer of the report and certainly troubled me.”

The defendant, who looked down throughout the hearing, began to

sob in the dock as his barrister described the struggles he faced with his sexuality.

“This morning in this court he has finally realised that he can’t hide from this any longer, he cannot deny what is known to be the truth that

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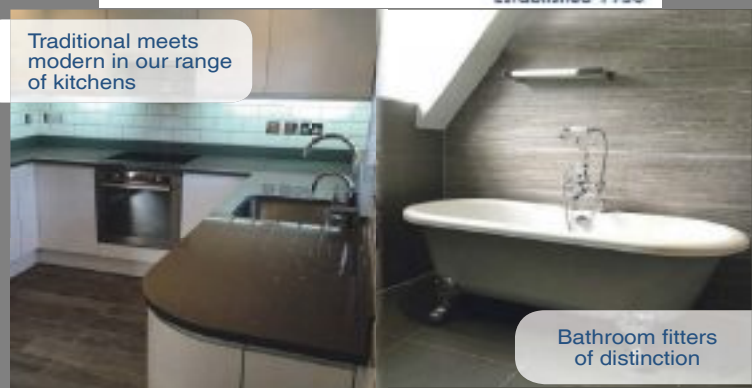
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News

'It was so surreal judging the stars'

COUPLE JOIN PANEL FOR TV SINGING SHOW

By **AARON MAYHEW**

newsdesk@hertsessexnews.co.uk
@tHertsMercury

TWO tribute artists have described appearing on a BBC One celebrity singing show as "surreal".

Lisa and Gee Martin were part of 'the 100' judges on All Together Now Celebrities which aired on Christmas Eve.

Comedian Rob Beckett hosted the show in which stars such as Gemma Collins, Chris Kamara and Omid Djalili sang to impress 100 judges.

Lisa, 48, said: "It was just surreal. The celebrities were so nervous and Laurie Brett said she felt so humbled to be standing in front of 100 really talented people.

"And you're sitting there thinking 'this is weird, I've watched you on TV since I was a kid and now you're

humbled to be standing in front of me."

The pair are both originally from Harlow and are called The Ultimate Party Duo.

"We've been singing full time for the last nine years," said Lisa.

"We're also multi-tribute artists, I'm a tribute to Adele and Karen Carpenter, and my husband Gee is George Michael, Johnny Cash, Neil Diamond and Paul Weller."

In the show the more of the 100 who stand up and join in, the higher the singer scores.

Lisa explained that in the audition process the producers likened the pair to EastEnders characters Alfie Moon and Kat Slater because they "banter and have a bit of a moan at each other".

Lisa said: "We auditioned as a duo

to sing. And the producers said 'we think you're a bit too professional for the show but we would love you to be a part of the 100 because you just make us laugh so much.'"

Alongside Lisa and Gee in the 100 is former Spice Girl Geri Halliwell, a star Lisa said she got on well with.

"She is lovely. She is part of us, it's really nice because we are really just a big family," said Lisa.

When it came to the celebrities' talents, Lisa said they were a "mixed bunch".

"Gemma Collins was surprising because I didn't even know she had a voice," she said.

The duo will also appear in season two of All Together Now which will be shown on Saturday nights between January and March on BBC One.



Lisa and Gee Martin with fellow All Together Now judge Divina De Campo


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News

Evening bus routes face cuts

By **JAMES GREGORY**james.gregory@reachplc.com
@jgregorynews

A NUMBER of bus routes across Harlow are at risk of being cut.

Essex County Council launched a consultation on Wednesday, December 19, to look into whether some evening and Sunday services are worth retaining.

It is part of the council's plans to "reinvent" the service across the county and focus money on other areas which may need it more.

The proposals will see a number of routes in Harlow affected, including Arriva bus routes numbers one, two, four, six, eight and ten, and routes coming into town on First Buses, such as the number 59 from Chelmsford.

There are currently 37 local bus operators which run about 85 per

cent of the bus network in Essex, from large companies to smaller, family-run businesses.

The remaining 15 per cent of services are not commercially viable and are therefore subsidised by the county council.

The council says that these subsidised services may not be providing the best value for money and a review will now take place to decide whether they should continue in their current form or be scrapped.

It also says continued financial pressure means that unless it changes its outlook towards the service, it will not succeed in delivering an adequate bus network for Essex.

Councillor Ray Gooding, cabinet member on ECC, said: "We have a strong record of supporting local bus services particularly in comparison with other local transport authori-

ties who have significantly reduced the level of support that they offer.

"At present, we spend around £9 million of taxpayers' money on these services each year.

"However, with the number of passengers in some cases falling below six per journey, coupled with strong financial pressure on all local government funding, means that we have to look very carefully at how we provide our services."

An Essex County Council spokesman said: "With low passenger numbers on some services the council wants to understand how residents are using local bus services and explore how we might develop the right type of service to meet the travel needs of residents and visitors.

"No decisions have been made on the future of these services therefore we would encourage residents to have their say by completing the consultation at essex.gov.uk/local-bus-consultation or over the phone by calling 03457 430 430. Paper versions are also available to collect from all libraries.

Services in the Harlow area which could be under threat

THE Monday to Saturday evening services which could be axed include:

■ 1 Sumners - Passmores - Central Harlow. Journey departing from Harlow Bus Station at 2218

Journeys departing from Sumners at 2200 and 2230
■ 2 Harlow - Passmores - Staple Tye. Journey departing from Harlow Rail Station at 2240

■ 4 Latton Bush - Bush Fair - Tye Green - Central Harlow. Journey departing from Harlow Bus Station at 2237. Journey departing from Latton Bush at 2246

■ 6 Harlow - Little Parndon. Journey departing from Harlow Bus Station at 2220

■ 8 Old Harlow - Mark Hall - Harlow. Journeys departing from Old Harlow at 2200 and 2230. Journey departing from Harlow Bus Station at 2218



■ 10 Church Langley - Central Harlow. Journey departing from Harlow Rail Station at 2210. Journey departing from Church Langley at 2222

■ 418B Loughton - Harlow. Journey departing from Loughton at 2245. Journey departing from Harlow at 2220

■ 418B* Loughton - Harlow. Journeys departing from Loughton at 1945, 2045, 2145 and 2245. Journeys departing from Harlow at 2020, 2120 and 2220.

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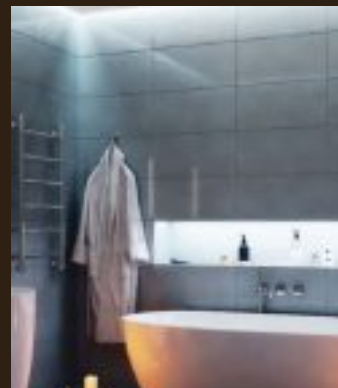
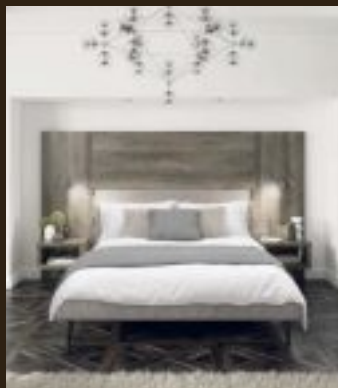
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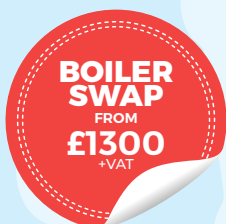
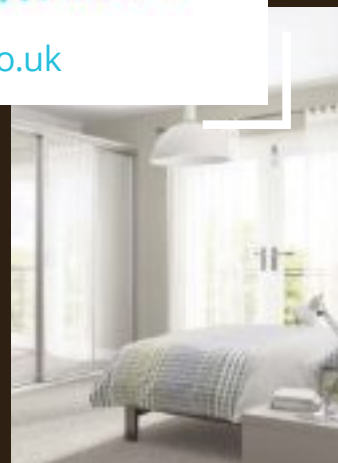
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News

Plans for new air ambulance base

By **HANNAH BROWN**hannah.brown@reachplc.com
@essexlive

PLANS have been submitted to build a new base for the Essex & Herts Air Ambulance (EHAAT) in North Weald.

EHAAT is a charity that provides a Helicopter Emergency Medical Service (HEMS) for the critically ill and injured in Essex, Hertfordshire and surrounding areas.

The charity hopes the plans, that have been submitted to Epping Forest District Council, will help secure the future of the North Weald operation of the charity.

Jonathan Trower, chairman of trustees at EHAAT, said: "The decision to proceed with this development, which will cost in the region of £4 million, was taken after long and careful consideration by the trustees and the executive team.

"Having looked at all the options for securing the long term security of our operation, we believe that building our own facility at North Weald is the best way forward.

"It will give us security of tenure



An artists impression of what the new proposed base at North Weald will look like

GAVIN SHERRIFF

CHARITY SUBMITS PROPOSAL FOR £4M SCHEME

after October 2020, when our current lease expires, and building ourselves results in significant cost savings compared to leasing a new building built to the same specification.

"The trustees are delighted that it has been possible to produce a design of such high quality which also meets the requirement of being as cost effective as possible."

The emergency care EHAAT provides

is service free but it receives no direct funding from the Government. The HEMS teams tended to 1,505 patients in 2017/18 using a fleet made up of two air ambulances and four rapid-response vehicles.

If the planning application is successful, the charity plans to start building work in 2019 and hopes to complete the work before October 2020. In addition to the proposed new air base at North Weald, the

charity is considering ways to improve and future-proof facilities at its Earls Colne Airbase.

Cliff Gale, the operations director at EHAAT, said: "As well as providing improved facilities for aircraft, vehicles and crew, the building will give EHAAT security of tenure which will allow us to plan effectively for the future.

"The proposed structure will contain areas for training, mentoring,

patient liaison and cross training with other emergency services, which will benefit both EHAAT and the local pre-hospital care community.

"The new facility will also provide a visitor centre which will allow us to welcome and engage with the local community and space for our Hertfordshire fundraising team to work more closely with their clinical colleagues."

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YOUR VIEWS

LETTERS

Orwellian way of trying to quell opposition to library closures?

ESSEX library service is not consulting members of the public about its plans to close libraries; it is consulting them about "plans for a library service that's modern, focussed and fit for the way we live now and in the future".

Posters bearing the latter phrase have appeared in public libraries across the county.

It seems to me that this Orwellian misuse of language is a cynical attempt to discourage the expression of opposition to the closures.

There will almost certainly be a smaller response to a poster that asks for views on making the library service "modern" "focussed" and "fit" than to one that asks for views on the closure of libraries.

Essex County Council justifies the proposed closures on the grounds that there has been a decline in the number of books being borrowed.

This decline may not be unconnected to the fact that the Essex library service has been run down over the past 15 years or so.

The closure of libraries will result in even fewer people borrowing books.

Harlow Town Centre library has reduced its stock, and new books are sold off after a couple of years to a company that re-sells them at a profit.

Books by Nobel Prize-winning scientists and novelists have been jettisoned and there is a shortage of books on basic numeracy.

If people who become unemployed wish to apply for benefits, they must do so online, and a condition of receiving benefit is that they apply for jobs online.

One of the roles of the public libraries of Essex is to provide Internet access for unemployed people unable to afford it.

If the libraries at The Stow, Bush Fair, and other places in Essex are shut down, then not only will the jobless people served by those libraries find it difficult to satisfy the conditions for receiving their benefit, but the remaining libraries will find it difficult to cope with the increased demand for their IT services.

Essex County Council ought to stand up for the people of the county, protect our library service from further cuts, and demand that the government proves its claim that austerity is over by

reversing the massive cuts in funding inflicted upon county councils in the past ten years.

John Wake
Via email

Essex County Council ought to stand up for the people of the county

John Wake

You can't see a thing - even with lights on

MAY I express my concern for the lack of street lighting on the cycle track on Katherine's way.

There is absolutely no light whatsoever from rectory wood up until the road crossing at Cock green. You can't see a thing, even with your bike lights on.

It's worrying as wet leaves on the track can't be seen without adequate street lighting, which could cause an accident.

Many people walk and cycle that route, up to Katherine's and sumners estate and to Great Parndon.

It's very unsafe and dangerous now that it gets dark early. We all pay our council tax, even the



Brick Lock Cottage, Roydon by Jan Brown

OUR POLICY

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unemployed have to who have been known to get into debt for paying into the council tax system, even though their rates are subsidised.

There are quite a few unlit street lamps on that cycle path. Does something really terrible have to occur there before the street lights are lit up? It's been like this since September.

Clare Harrison McCartney
Address supplied

Save stamps and help those with sight issues

THE festive season is all about generosity and goodwill, but with a shopping list as long as your arm it can be hard to find the spare cash to support a good cause.

But this Christmas, there's a way of supporting the Royal National Institute of Blind People (RNIB) that won't cost you a penny.

All you need to do is collect used stamps from your cards and parcels and get your friends and family to do the same.

Your old stamps will be recycled and turned into much-needed funds to help the charity continue its great work breaking down the barriers facing people with sight loss across the UK.

Isolation, inequality and unemployment are still a fact of life for too many blind and partially sighted people and it's just not right.

Simply visit www.rnib.org.uk/stamps or call 0345 345 0054 to request your pre-paid envelopes, and then send your stamps to RNIB in the post - it really is that easy!

Today, 250 people will begin to lose their sight.

I can only imagine how scary that must be, but thankfully RNIB is there, providing a listening ear as well as practical and emotional

support.

Show your support for RNIB and get collecting those stamps!

Jenny Éclair
Comedian, novelist, actress and RNIB supporter

Give the NHS the credit it deserves

NOT enough people give the NHS the credit it deserves. I would like to put this right.

At the end of October while seeing my GP about a completely different matter, she noticed a lesion on my ear.

Within a week I was being seen at PAH, had a biopsy and was diagnosed with a very common, not invasive form of skin cancer.

I had day surgery on November 28 under local anaesthetic.

The surgeon did an amazing job of cutting out the cancer and doing a skin graft to cover the hole.

I came home shortly after the surgery and I am feeling fine.

Many thanks to our great GP and the surgeon and nurses at PAH.

Mick Granger
Address supplied

GET IN TOUCH**EMAIL:** community@hertsessexnews.co.uk**TWITTER:** @Harlowstar**FACEBOOK:** /HarlowStar**PHOTO
OF THE WEEK****Robert Halfon****MP FOR HARLOW**

I HOPE you all had a very happy Christmas and a chance to relax on Boxing Day.

As we enter the New Year, we can reflect on what has happened in the past 12 months.

2018 marked 100 years since women were first given the vote and I was delighted to host a specialist teacher and Harlow resident on #AskHerToStandDay, encouraging women into public life.

In recent months, the UK's withdrawal from the EU has dominated the headlines. I have been working hard to ensure that Brexit means Brexit, as 68 per cent of Harlow voted to Leave the EU in the 2016 referendum.

I want the Government's attention to return to our issues at home, like our overburdened foodbank and antisocial behaviour in the town.

Harlow has seen some incredible developments over the past year.

I am passionate about protecting our NHS, and am working hard to support and champion the incredible staff at the Princess Alexandra Hospital, who do so much for Harlow.

This year, I secured my third debate in the House of Commons on the need for more funding. The staff are overstretched in what is one of the busiest A&E departments in the country and the building is now inhibiting any further progress in improving services.

I was thrilled to receive the news earlier this month from the Health Secretary that Princess Alexandra Hospital would be granted £9.5 million for its A&E unit. This will make a massive difference to waiting times and ease the pressure on doctors and nurses.

Throughout my time as an MP for Harlow, I have campaigned to cut the cost of living.

This Budget really demonstrated the Conservatives getting on side of hardworking

families, with a fuel duty freeze for the ninth year running, cuts to taxes for lower earners and a higher National Living Wage.

Last month, the Government also announced important changes for workers, including bringing an end to lower wages for agency workers compared to their permanent counterparts and banning employers from keeping their staff's tips.

As a champion of education, I have really enjoyed visiting schools and colleges in Harlow, this year.

The opportunities for young people in Harlow are going from strength to strength. Just recently, I visited the brand new Stansted Airport College, part of Harlow College, which offers fantastic courses in state-of-the-art facilities.

I was also pleased to be a part of the opening of Little Parndon Primary School's new library and sensory room, and planting trees at William Martin Junior School as part of the Queen's Commonwealth Canopy Trust Project.

Most recently, I was visiting the wonderful pupils at Cooks Spinney Primary Academy to talk about the proposed library closures in Mark Hall and Tye Green.

I am campaigning to keep our libraries open. They are so important to our community and provide a safe space for learning, relaxing and socialising. Please do write to me if you feel strongly (halfon4harlow@roberthalfon.com) - I would be pleased to pass this on to the Council as I move forward with my campaign.

As ever, you can keep up to date with all my news on Facebook (Robert H Halfon), Twitter (@halfon4harlowMP) and Instagram (@halfon4harlowmp).

Tony Walker**NEIGHBOURHOOD NEWS**

AT the beginning of December there were a number of vans broken into overnight throughout Harlow some of which had tools stolen from within, reports suggest that the people responsible were on motorcycles or a quad bike.

We are looking at CCTV but would urge anyone with information to contact the local policing team.

Where possible please remove all valuables including tools from vehicles overnight, if you can park vehicles in garages or well-lit areas and consider marking tools and equipment so they can be identified if they are recovered.

Immobilise.com allows you to register your property making it easier to be identified by police forces

throughout the country.

On the afternoon of December 8 there were two attempted distraction burglaries in the Bush Fair area, a male described as white, aged in his late 20s with lots of hair and a round face wearing a dark grey tracksuit and trainers, told residents that he needed to get in the premises to check for a water issue, luckily entry was not gained on either occasion.

Please remember to never let anyone into your address unless you are entirely happy, reputable companies will always ensure their staff have identification cards and you should call the company if you are not content they are genuine - if in doubt do not let strangers into your home and call the police.

This particular incident was publicised within 30 minutes via the Harlow Community Policing Team Facebook site, thank you to everyone who circulated the information to friends and family which no doubt prevented anyone from being a victim of crime.

We receive a number of complaints regarding beggars in the Town centre, some of which can be particularly aggressive towards the public, their behaviour can also be intimidating.

We do work closely with other agencies and direct the genuine homeless to various charities and organisations that can help. On December 10 a 31-year-old male was arrested for a number of offences including breach of a com-

munity protection notice and non molestation order, theft and criminal damage.

He appeared before the court and was sentenced to 10 weeks in prison giving some relief to businesses in the Town centre and members of the public who visit the town.

On a monthly basis the Essex Police's (Harlow) website site gives statistics from the District Commander, Chief Inspector Matt Cornish on what officers have been doing on a monthly basis, these can be viewed on www.essex.police.uk.

During the month of November local officers investigated 37 missing person reports, attended 216 domestic abuse incidents, dealt with 24 mental health incidents, took reports of 273 antisocial behav-

iour incidents, solved 107 crimes, submitted 398 intelligence reports, carried out 39 stop and searches and attended 24 road traffic collisions, a small snap shot of some of the work carried out in a month.

Street meets continue this month at various locations throughout Harlow, 8th at Bush Fair, 12th Old Harlow, 29th The Stow - all between 11am and 12pm and Staple Tye on 19th Between 1pm and 2pm. They are an ideal opportunity to come and speak with local officers as well as representatives from the council's Community Safety department.

As always contact can be made with the Community Policing team on the email address of Harlow-CPT@essex.pnn.police.uk or by calling 101.

YOUR EDUCATION NEWS

Sports leaders are chosen to play their part in national competition



A team of students have taken on the role of sports leaders at Burnt Mill Academy

YOUNG sports leaders from the town were called upon to help host a national event for children with special educational needs and disabilities (SEND).

A team of students have taken on the role of sports leaders at Burnt Mill Academy, in Harlow, to assist pupils with SEND with their inclusive PE lessons at the school.

As a result of that work, the students have been asked to attend and help out at various events

BURNT MILL ACADEMY REPRESENTED AT OLYMPIC PARK'S COPPER BOX

around the county hosted by Panathlon.

The leaders' latest role saw them assist at the Panathlon Primary Schools National Finals at the Copper Box at the Olympic Park.

Schools from all over the country had qualified to take part in the event, while Burnt Mill was among

just three schools asked to help on the day.

Phil Dawes, director of PE for the BMAT group of schools said: "Our leaders received lots of praise for their conduct and encouragement from the organisers and also staff from the schools taking part."

"The school is very proud of our

sports leaders."

The 14 leaders explained, judged and scored the activities, which included bocce, skittles, new age kurling, beanbag throws, table cricket, adapted basketball and target throws.

The leaders - Freya Chapman, Mae Brewer, Alana Mansfield, Kya Andreou, Olivia Tyne, Jessica Gal-

vin, Zayla Maertens, Anisa Zhubi, Ronnie Pontin, Harry Weemes, Abid Haque, Josh Appolos, Marshall Chesterton, Ben Stringer -

received certificates for their work at the event.

The school was recently named New-comer of the Year in the Jack Petchey Panathlon Achievement Awards for the sports leaders' work in leadership.

email your news to community@hertsessexnews.co.uk

Santa calls in on Christmas fete

KATHERINES Primary Academy and Nursery in Harlow attracted new visitors to its Christmas fete.

As well as the regular PTA and craft stalls, guests could visit Santa in his grotto sponsored by Gardenscape, ride on the land train, be thrilled by children's funfair or jump around in the mobile soft play area.

Event organiser Jo Chapman, recently became the new

parent governor of the Academy and was amazed at how many people attended.

The event ran from day to night, there was a light switch on at 4pm with glow in the dark items being offered for sale.

To finish off the event, there was a performance from Clubbaccise which got the attendees moving with high energy dancing and a glow stick.

Santa made a special appearance at the Christmas fete





Year 9 students attend the club

Lego club boosts engineering skills

AN after-school club which enables students to build and design Lego robots is helping them to become engineers of the future.

Burnt Mill Academy, in Harlow, has launched a Lego robotics club for Year 9 students.

Members of the club are prepar-

ing to take part in the EEP Robotics Challenge in which they will be faced with various tasks, such as programming a Lego robot to simulate the role of an engineer working in an airport.

They will also have to give a presentation on how they think

robotics can provide humanitarian aid and take part in a team challenge in which they will be tasked with solving problems quickly.

Luke Burrows, head of computer science and ICT, said: "The club has only just been set up and so

we are starting with the basics and building up to be able to build more complex robots.

"Students are learning programming skills, as well as the engineering side as they have to design a robot which can solve a real-world problem."

Stars of the classroom keep their parents up to date with newspaper



Pupils have launched their new newspaper called Spinney Star and they interviewed MP Robert Halfon

PUPILS at Cooks Spinney Primary Academy, in Harlow, have launched the Spinney Star to share news from their school and neighbourhood.

The team of 20 Year 6 pupils are working on both a newspaper and podcast to keep pupils and parents up to date.

Working with teacher Gary Cansell, a former journalist from The Sunday Times newspaper, pupils are drawing on his experience to pro-

duce their own work.

Head teacher Neil Stirrat said: "Our pupils have launched the newspaper and podcast and are running the whole process.

"They have taken ownership and it has empowered them.

"They are reporting on what is happening and what is important to them, with their first big feature looking at the potential closure of Mark Hall library.

"They interviewed Harlow MP Robert Halfon on the issue when he visited the school.

"This is extending pupils' skills and giving purpose to their writing as they have to think about who their audience is and what they might be interested in reading about.

"Our confident speakers are

working with less confident presenters on the podcast, writing their own scripts and performing them.

"They whole team is having to work to deadlines and use their teamwork and collaboration skills."

The newspaper and podcast will be published every four weeks and given to

pupils, parents and posted on the school's website.

Mr Cansell said: "Here at school, we have an audience several hundred strong and it's great to tap into that with Spinney Star.

"Our team is writing news, features, opinion and review pieces and, along with building on the students' writing skills, I hope the process sparks in them a greater interest in current affairs."

email your
news to
community
@hertsessex
news.co.uk

YOUR COMMUNITY NEWS

Bishop's Stortford

■ **FOOTBALL CLUB:** Brian Hockley is hoping to organise away travel for Bishop's Stortford FC this season.

Supporters, club members and season ticket holders have the possible games coming up: Saturday, January 26 - Burgess Hill Town; Saturday, February 9 - Leatherhead; Saturday, February 23 - Dorking Wanderers; Saturday, March 9 - Corinthian Casuals; Saturday, April 10 - Lewes; Saturday, April 27 - Carshalton Athletic.

Anyone who would like to go to the away matches on the supporters' coach can contact hockley261@btinternet.com for further information. The coach will always leave from the Bishop's Stortford FC ground.

■ **GLOBE CAFE:** BSCA Church has started a new initiative to welcome people coming to the town from other countries. The Globe Café will serve coffee and a variety of cakes at Hockerill Christian Centre in Dunmow Road on Tuesday afternoons from 4.30 - 6.30pm.

■ **BREATHE EASY:** Bishops Stortford Breathe Easy Group headed by Councillor Diane Holleben, is a group for anyone who is living with a lung condition, and would like to meet and support each other.

They meet on the third Thursday of every month from 2-4pm at Charringtons House, Council Offices, Rooms A and B, The Causeway, Bishop's Stortford CM23 2EN.

email your news to community@hertsessexnews.co.uk

Buntingford

■ **DEMENTIA SUPPORT:**

Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At Layston Grove, Keen Avenue, Buntingford SG9 9SU every Friday from 2-3:15pm, £3, no charge for carers, parking available. To book or for more information call 0300 123 40 44 - or just turn up on the day.

Cheshunt

■ **STAY AND PLAY:** Baby and toddler group at Tinytoons pre-school, based in the Laura Trott Leisure Centre, takes place every Monday 1.30pm - 3pm. Call 07508 707153 for more information.

Cuffley

■ **HORTICULTURAL SOCIETY:**

Next meeting Thursday, January 31 at 8pm - Talk by Valerie Christman on The Pulham Legacy - Victorian success by a Broxbourne family in garden construction. At Cuffley Hall, Maynards Place, EN6 4JA. Doors open 7.30pm. Visitors welcome. For more info ring Carol 01707 875742 or visit www.cuffleyhortsoc.org.uk.

Datchworth

■ **BADMINTON SESSIONS:** The Datchworth Badminton Club meets

Cultural festival aims to bring us together through world food

COMMUNITY Embrace UK has launched International Diversity through an Around The World Food and Cultural Festival 2019, which is scheduled to take place on Saturday, August 24.

It welcomed some of the town's key stake holders, representatives from various community groups and a number of guests to share the objective of the 2019 festival.

That is: "To bring people together around good food; whether that's teaching new skills or learning a new recipe."

"And the same time offering people the opportunity to share each other's cultural lifestyle through music, drink, dance, costume, arts or crafts."

Delivering the keynote address, chair of Harlow Council - Councillor Maggie Hulcoop stressed on the need and importance for people to embrace each other, embrace those around them and be encouraged to embrace the town.

Selecting a suitable project in line with an international awareness for diversity couldn't have

come any easier.

And every effort is being made through such events to place a spotlight on the measurable impact that can be derived to inspire the local community and the general public to get involved.

It is therefore not surprising that inspiration was most certainly achieved on the night with a passionate presentation delivered by the CEO of Community Embrace - Ms Herty Ama Twumwaa, who commented: "Each person is unique in one special way; each person is valued, each person has a contribution to make within their community."

"We might not all be musicians, artists, dancers or craft workers, but each of us have that unique spark, that allows us to give something wonderful to each other. Being it friendship, respect or love."

"We all have a responsibility towards each other and by facing this, we can appreciate our similarities and celebrate our differences."

She added that: "The festival will target and encourage all classes and groups of people who share an equally passionate desire for

diversity to come together and help make a real difference in the town.

"It's all about the beauty of exploring recipes and sampling dishes from different perspectives to demonstrate a nation's pride and the significant contributions this can make towards engaging people and building stronger communities."

"It will serve to attract, display and exhibit different cultures through their way of life, allowing everyone to have the chance to see, feel, hear and taste life from another's perspective."

Guests on the night were treated to music from DJ Permoson, while enjoying a range of delicious traditional cuisine sampled across 16 nationalities.

The launch formally opens the 2019 summer project which presents an opportunity for all kinds of businesses, individuals and groups to take advantage of and get involved to make it a memorable celebration.

For any queries or to obtain an expression of interest form, email: communityembraceuk@gmail.com.



YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

on Wednesdays, new members are always welcome.

The club night begins at 8pm with a session for junior members, between 11 and 15, from 6pm. For more information call Janet Dinsey on 01438 350247.

Harlow

■ **WALKING FOOTBALL:** 50-plus fitness group. A great way to keep fit, newcomers welcome to come along and give it a try, £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - noon; Sundays 2-3pm.

Please call Dave on 07980 578201

for more details.

■ **CHARITY EVENT:** The 'Not the Royal Variety Performance' is coming to Harlow to raise funds for local homeless charity, Streets to Homes. There will be a raffle and if anyone can donate a prize, that would be fantastic. Tickets can be purchased on the door at Burnt Mill Social Club Harlow, but people are encouraged to book online to secure a seat. Book via www.eventbrite.co.uk/e/the-not-the-royal-variety-performance-tickets-54073815237

Tickets are only £5, but if you can afford to pay more than that is appreciated because they need to raise as much as they can for Streets to Homes. There will be a raffle and if anyone can donate a prize, that would be fantastic.

Tickets can be purchased on the door at Burnt Mill Social Club Harlow, but people are encouraged to book online to secure a seat. Book via www.eventbrite.co.uk/e/the-not-the-royal-variety-performance-tickets-54073815237

■ **PHOTOGRAPHIC SOCIETY:** Gary Nicholls is one of the UK's most respected steampunk fine art photographers and he will be visiting Harlow on Thursday, January 24 to give a talk at the Harlow Photographic Society, Moot House at the Stow, Harlow. Visit harlowphotoclub.org.uk/ for more details about the society.

This event will see Gary present a studio night and explain how he works with his models and how he has produced his unique book 'The Imaginarium', visit www.imaginariumtrilogy.co.uk/ for more information. Anyone interested in attending can simply turn up.

imaginariumtrilogy.co.uk/ for more information. Anyone interested in attending can simply turn up.

Hertford

■ **DEMENTIA SUPPORT:** Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At All Saints Church, Queen's Road, Hertford SG13 8AY. Every Tuesday 10am to noon. £5, no charge for carers, parking available.

To book your place or for more information call 0300 123 40 44. You can also simply turn up on the day.

■ **BYPASS MEETING:** Have your say on the future of the southern bypass proposed by Hertfordshire County Council to alleviate traffic congestion and pollution.

HCC councillor Derrick Ashley will make the case for the bypass at a public meeting organised and hosted by Hertford Civic Society on January 16. It will be held at the Roman



The summer festival has been officially launched
MICHAL CZERNICHOWSKI

Catholic church in St John's Street (not far from Hertford East and Tesco). Cllr Ashley will answer your questions on the pros and cons of the proposal.

Dr Malcolm Ramsay, chairman of Hertford Civic Society, said: "We have consulted our members and found very mixed views. This is the first public meeting on the issue and it is, therefore, essential that we get the full range of opinions from the people of Hertford."

Hertford Heath

■ **WI MEETING:** Hertford Heath WI meets on the second Tuesday of every month at 7.30pm in the Mission Room, Vicarage Causeway. Come along to find out more.

Hunsdon

■ **PILATES CLASSES:** Monday 2-3pm, Hunsdon Village Hall. A friendly and welcoming class. Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength,

flexibility and posture.

For more information or to book a complimentary first class (spaces limited) call Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

Roydon

■ **FITNESS CLASS:** 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall. All abilities, men and women welcome (seated and standing exercises). £5 per session. Call Belinda on 07974 721527 for more information.

■ **PILATES CLASSES:** Small group, Monday 8-9pm, maximum five people. £52 for five weeks. Includes small equipment and programme ideas.

Men only pilates, Tuesday 9.30-10.30am, maximum 5 gentlemen. Pilates Specialist Studio on the edge of Roydon. £10 per session or £52 for six sessions.

Back pain specialistpilates,

Wednesday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Restore your pelvic floor. Five-week pilates-based course, Wednesdays 8-9pm, maximum five places. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 8-9pm, maximum five people. £10 per session or £52 for six sessions.

Pilates Specialist studio on the edge of Roydon. For details contact Heather 07801 493893 or info@pilatespecialist.co.uk.

Rushden

■ **LACE MAKING:** The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need

to take your own lunch. For more details call Eva on 01763 288357.

Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome. Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians are also welcome. Call 01279 723707 or email neilandgillmunro@aol.com.

■ **DEMENTIA SUPPORT:** Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with

Dementia, memory loss or mild cognitive impairment as well as their carers. At The Hailey Centre, 18 Bell Street, Sawbridgeworth CM21 9AS, every Wednesday 9.30 to 11.30am. £5, no charge for carers or NOK. Public car park next door. To book or for more information please call 0300 123 40 44. Or just turn up on the day.

Standon

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more.

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise or times and classes on 01920 823072 or 07703 277862.

■ **MUSICIANS AND MOVERS:**

Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed. To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

Ware

■ **WEDNESDAY WELCOME:** Every week from 2-4.30pm a quiet space with refreshments, newspapers and magazines at St Andrew's Church, St Andrew Street, Hertford. Call 01992 504373 or visit www.hertstandrews.co.uk for more details.

Widford

■ **PILATES CLASSES:** Mondays 6.45 to 7.45pm and 8 to 9pm.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

YOUR COMMUNITY NEWS

First Movie Night winners under the spotlight at Harvey Centre

THE Harvey Centre's first ever Movie Awards Night was a roaring success, with local students from DS Productions taking the top award of the night.

The event took place in the centre's Cineworld Cinema, with a red carpet and photo opportunities for all to enjoy.

It was attended by an incredible 150 local students, family and members of the public – all eager to see who out of the eight teams of competing students from Harlow College would be crowned best filmmaker.

The genre of the production was 'horror' and each team, made up of around six students, was responsible for the entire production process, which is an incredible learning experience.

The winning video from DS Productions was called Dead Silence.

The eight films were screened at the cinema in front of a panel of judges including Bryan Young (centre manager, The Harvey Centre), Richard Crabtree (lecturer at Harlow College) and Red Imlah (Cineworld) and the audience.

After the eight films were screened, an original film about Harlow College and a special message from MP Robert Halfon was also screened. It was a difficult decision for the panel but DS Productions excelled across the board to win the top prize, which was presented Mr Young.

The winning group included director Jessica Clive, producer Nathan Catton, cameraman Stephen Clark, editor Ellen Brignull

and sound Operator Niamh Peppiatt.

The winning team won a studio hire session from Flirt PR, a voucher from Legends Hairdressers for make-up and hair styling, and three days of green screen studio hire from Phoenix Resources.

Catering was provided by Burger Priest.

Mr Young said: "I would like to

take this opportunity to thank everyone that got involved in our movie night. The standard was very high and you could see how much work went into the production of these very innovative and inventive films.

"We were thrilled with the level of attendance we had and are considering holding the event again next year. A special thanks to Cineworld for letting the event take place in

their theatre and Burger Priest for supplying the delicious food, as well as Flirt PR, Legends Hairdressers and Phoenix Resources for supplying the prize."

Delta Muntean, assistant academy manager at Harlow College said: "The Media teachers continue to utilise their industry contacts extremely well to develop very imaginative 'live' project briefs.

"The Horror Project has inspired and ensured the learners had a great opportunity to produce a wide range of outstanding creative and original work that was showcased on the big screen at Cineworld Harlow.

"I am very proud of the hard work the Media teaching staff, students, Cineworld and The Harvey Centre staff have put in to make the event a huge success."



Movie Awards Night winners at Cineworld

email your news to community @hertsessex news.co.uk

Writing to highlight human rights abuse

AMNESTY International Harlow recently hosted its first Write for Rights event at the Greyhound pub.

The event saw Amnesty members from Harlow write letters of solidarity to people across the world who have faced human rights abuses and harassment for their activism and standing up for their communities across the world.

This year's campaign

focused on women including Nonhle Mbuthuma who faced death threats for protecting her community and Geraldine Chacon persecuted for youth work in Venezuela.

The event was a great success, with over 100 letters of solidarity written by local members.

Amnesty International Harlow is already looking forward to planning an event for next year.



The event saw Amnesty members from Harlow write letters of solidarity to people across the world



Dutch duo hunt for the family of Second World War hero Thomas

TON and Wil from Maasbree in Southern Holland, are trying to locate family members of the six soldiers that died fighting for their liberation in the Second World War, who rest in their local cemetery.

They have been largely successful in this task but are seeking the help of our readers in finding local brothers, who they believe are related to the last remaining soldier to be traced, Sergeant Thomas Watson.

Various searches indicate that the son of Sergeant Watson (also called Thomas) moved to Hitchin and has two surviving sons who may be currently living in the area.

During the Second World War,

Thomas Watson from Glasgow, left his parents Robert and Elizabeth Watson, his wife Margaret and their son Thomas to join up.

In June 1944, Corporal Watson 3312248, landed in Normandy as a member of the 49th Reconnaissance, nicknamed the Polar Bears.

He gained an extra stripe as he fought his way across France and Belgium arriving in Holland in late October.

By mid November he was helping to Liberate towns in the south of Holland, fighting his way towards Venlo.

Unfortunately on Tuesday, November 21 of that year, he lost his life. He lies in the Roman Catholic Cemetery of Maasbree with

headstone engraved Our Loving Daddy."

The son Thomas, is believed to have moved to Hitchin, where he met and married Vera Shelsler, they had two sons Lee Graham (1968) and Darren John (1969). Vera is reported to have passed away in 2010 and Thomas 2015.

2019 will see the 75th anniversary of the liberation of the area. Ton and Wil, along with the relatives they have been able to trace so far, are keen to make contact with Lee or Darren Watson.

They would like to ask anyone with any information to contact the paper by email to community@hertsessexnews.co.uk, which will be passed on.

Annual church concert is a musical delight once again



MUSIC teacher Maria Cermaka again organised her annual Christmas concert at St Mary's Church in Old Harlow.

Many local residents, who look forward to this free event following the summer concert held earlier in the year, filled the church on Sunday, December 9.

The church, which received a generous donation towards its charitable and community work, provides an excellent venue with its seasonal décor and Christmas tree for the music

performed by over 50 talented local music students from a variety of nationalities and backgrounds, aged from 4 to 22 years,

singing and playing solos and duets on a variety of instruments.

A large number of the students contribute to other events in the community and many achieved success

in The Royal Academy of Music examinations during the year, certificates were presented at the conclusion of the concert.

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Deaths

Eileen Louise Lilian ADAMS "Franno"

Passed away peacefully in her sleep on Saturday 1st December 2018, aged 89 years. Reunited after many years with her beloved husband Ronald, and children Terry, Paul and Carole. She will be greatly missed by her loving son Ron and everyone who knew her. Funeral Service to be held at St Mary Magdalene Church, Potter Street, Harlow on Friday 4th January 2019 at 11:00am. Flowers to Daniel Robinson and Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Dennis ALLEN

Aged 87 years, died suddenly but peacefully on 14th December 2018. Much Loved Husband of Joan and Father of Tracey, Brett and Amanda. Funeral Service to take place at Parndon Wood Crematorium, Harlow, Essex on Monday 7th January at 11.30 am. Family flowers only please but donations for Dementia UK may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts CM23 3AL or via the In Memory Pages www.drobinson.co.uk



VERA EDNA ALLISON

Peacefully in the Yeovil Hospital, Somerset, on 17th December 2018, Aged 95 Years. Reunited with her Beloved Husband Bob. A Dear Mum, Nan and Great Nan, who will be sadly missed by all. Vera's Funeral Service will be held on Thursday 3rd January 2019 at Yeovil Crematorium at 12.40 p.m. All Welcome to attend. Family Flowers only please. Donations if Desired for the Teenage Cancer Trust. Cheques made payable to Charities Account. All Enquiries and Donations to Masterson Funeral Home Ltd, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238. **MASTERTON FUNERAL HOME LTD**

Harold Laurence BARTON

Passed away peacefully on 18th December 2018 in Princess Alexandra Hospital, with his family by his bedside. He will be remembered and loved forever. Funeral service will take place at Epping Forest Burial Park on Monday 14th January 2019 at 1.00pm followed by a private cremation. Family flowers only please, donations for Royal British Legion may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts CM23 3AL or via the In Memory Page at www.drobinson.co.uk. Tel 01279 655477



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Change of Policy on Bereavement Notices.

From Monday 17th December we are changing our policy on bereavement notices and when they appear in the newspaper.

Due to the way society today communicates and shares information through social media, almost instantaneously, we need to act and reflect on this change of culture by releasing our notices as soon as possible.

Traditionally we have held them back until the main notice has appeared, this will no longer be the case. Therefore all notices will appear in the newspaper at the customers request.

Also an online notice can appear the next day on the website rather than waiting for the newspaper publication date.

Deaths



Jack CUPITT

Sadly passed away on Sunday 16th December 2018 aged 94 Years.

Reunited with his Beloved Wife Violet. Loving Father to Linda & Roger, Grandad and Great Grandad. He will be sadly missed by all his Family & Friends.

His Funeral Service will be held at Parndon Wood Crematorium on Friday 4th January at 3.15pm.

Family flowers only. Donations made payable to 'Dementia UK' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990. Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

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Deaths



Margaret Anne GURNETT

passed away peacefully at home surrounded by her family on Monday 10th December aged 70. Dearly beloved wife of Malcolm, an amazing Mum to Helen, June, Lynn and Neil. Devoted Nanny to Louise, Joe, Rebecca, Aimee, Meghan and Amber. Mother in law to Steve, Bec and the late Dennis.

She will be sadly missed by her family and many friends. A funeral service to celebrate her life will be held at All Saints Church, Bishops Stortford on 9th January at 11.30am, followed by a private family service at Harlow crematorium. Family flowers only please, but donations can be made payable to Action for Pulmonary Fibrosis, sent to Daniel Robinson. God only takes a few. The few he takes are special. And one of them was you.

Death notices are **transformed** into lasting tributes after 8 weeks online

funeral-notices.co.uk

Arthur Brian KERSEY Bill

Passed away on 15th December 2018 aged 86. Much loved by his Sons Danny, Dean, Cliff, Kevin and by all his Grandchildren & Great Grandchildren.

Funeral service to take place on Monday 7th January 2019 at Parndon Wood Crematorium at 3.15pm.

Flowers or donations for The Dogs Trust may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts CM23 3AL, Tel 01279 655477



Keith MILLER (Former local referee)

Passed away suddenly on Wednesday 12th December 2018, aged 74 years.

A dearly loved Husband, Father and Brother who will be dearly missed by all his family and friends.

Funeral service to take place at Parndon Wood Crematorium on Friday 11th January 2019 at 11.30 am.

Family flowers only please but donations, if desired, may be made payable to "MacMillan Cancer Support" and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990

or via the "In memory donation page" at www.drobinson.co.uk



Notices are transformed into lasting tributes after 8 weeks online

Deaths

Arthur Ellis PARKER

Passed away on the 6th of December 2018 aged 94 years.
He will be greatly missed by his five Grandsons, Great Granddaughter and their families.
The funeral service will take place at Parndon Wood Crematorium Harlow on Friday January 4th at 10.45.
Family flowers only please but donations if desired may be sent to the Royal British Legion
c/o Daniel Robinson and Sons
79/81 South Street
Bishops Stortford Herts CM232AL.

VIOLET ROSINA (VI) PRATT

Peacefully in the Princess Alexandra Hospital on 16th December 2018, aged 88 years. Now reunited with her beloved Husband Len and Son Tony. The most wonderful Mum to Gary, Mother in Law to Caroline and Chris, and loving Nan to Carrie, Darren, Greg and Kara and Great Nan to her six Great Grandchildren.
She will be sadly missed by all.
Vi's Funeral Service is to be held on Thursday 27th December 2018, at Parndon Wood Crematorium at 1.00pm Family flowers only please, donations if desired to Runwood Homes Amenities Fund. Cheques made payable to charities account. All further enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a donation by visiting the **In Memory** pages at www.drobinson.co.uk

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Jack READING

Passed away peacefully at home on 22nd December 2018, aged 94 years. Much loved Dad, Grandad and Great Grandad who will be sadly missed by all his family.
The funeral service will take place at Parndon Wood Crematorium on Friday 11th January at 3:15pm.
Family flowers only please. Donations for the Alzheimer's Society may be made via the In Memory Pages at www.drobinson.co.uk or sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Michael ROBINSON

Passed away on 20th December 2018, aged 85 years. Devoted Husband to Kay who will be greatly missed by all his loving family and friends.
Funeral service to be held at Parndon Wood Crematorium on Monday 14th January 2019 at 10.45am. Family flowers only please, but donations if desired for Alzheimer's Research may be made using the "In Memory" page at www.drobinson.co.uk or cheques made payable to the charity can be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts, CM23 3AL. Tel 01279 655477
Donate at funeral-notices.co.uk

BARKE ROSE

Passed away at the Norfolk and Norwich University Hospital on November 19th 2018 aged 93 years.
Beloved wife of the late Fred and sister of Maud.
She will be greatly missed by all her friends and family.
The funeral service will take place at Earlham Crematorium on Wednesday 9th January 2019 at 11.45am.

Open flowers or donations in memory of Rose for the Age UK may be sent c/o Rosedale Funeral Home,
16 Middleton Street,
Wymondham,
NR18 0AD

Allan THOMSON

Sadly passed away 7th December 2018, aged 83.

Loving dad of Craig and Ewen and husband of Agnes.

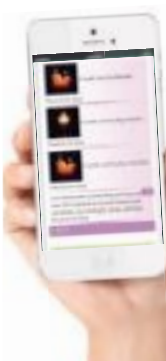
Paul Eustace WELLINGS

Passed away peacefully on Christmas Day aged 83 in Berwick, Australia.

Sadly missed by family and friends.



More than **3000** loving tributes and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.



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Jean WRIGHT

Passed away at home in Sawbridgeworth on the 18th December 2018 aged 69.
She will be deeply missed by her husband Peter, daughter Amanda, son Billy, family, friends and all who knew her.

Jean's funeral service will be held at Great St Mary's Church, Sawbridgeworth on Thursday 3rd January 2019 at 3.00pm followed by private family cremation.
Flowers or donations for 'Pancreatic Cancer Research Fund' may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Telephone 01279-722476
Alternatively, please visit our In Memory pages at www.drobinson.co.uk

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a donation by visiting the **In Memory** pages at www.drobinson.co.uk

Search any announcement online or place a notice 24/7

In Memoriam

CLAYDEN DORIS - 5TH JANUARY 2017
Lonely is the home without you, Life to us is not the same, All the world would be like heaven, If we could have you back again.
Love Daughter Daphne, son in law Peter, grandchildren Linda & Gary

Ron COX

Passed away 2nd January 2007
Remembered with love and missed by Barry, Gail and Russell

Maureen FOXWELL (03/01/2014)

It's been five years since our lives were changed forever. We miss you and think of you every day.
Alan, Donna, John, George, Carley, Darcie, Stanley and Paris
xxxxxx

Alec LEADER

2nd January 1998
My Wonderful One with all my love
Your Kimmy xxx

Death Notices are transformed into lasting tributes after 8 weeks online

funeral-notices.co.uk

Alec LEADER

2nd January 1998
Never Forgotten.
With All Our Love Always
Yoko & Philip xxxx

WILLIAM CHARLES MARSHALL (Bill)

In loving memory of a dear dad who died 11 years ago today, so suddenly on 3rd January 2008.
It just feels like yesterday.
From Son John.
Time slips by and life goes on, but from my heart, you're never gone.
Miss you loads.

John STEVENS

I think about you always and talk about you too, I have such lovely memories but I wish I still had you.

Love Chris xxx



MOLLY WHIFFEN

In loving memory of a dear Mum, Nan and Grandmother, sadly taken from us a year ago, 18th December 2017.
Always in our thoughts and hearts with happy memories.
God Bless.
Christine, Alan, Nigel, Karen, Liam and David xxx



Lillian and Albert TUCKER

Remembering a dearly loved Mum and Dad and a much loved Nan and Granddad who died 2nd December 1986 and 9th January 1995. God bless Jasmine, Jim, Justine and Andrew

Birthday Memorials

QUICK Ron - 02.01.1931. Thinking of you dad on your birthday, love and miss you forever - Denise, Lesley and Craig xxx

Leonard A SONTAG

23/12/26 - 20/09/2004

Remembering you on your Birthday.

Love Mollie x



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Congratulations

Congratulations

ARMOUR Sarah

Well done Sarah for achieving a PhD in diabetes research from Newcastle University. Congratulations and much love from all the family.



Births



Birthdays

Share your happy moments too, celebrate their birthday, anniversary, engagement or any special occasion here in your local newspaper.

family-notices.co.uk



First day



family-notices.co.uk

FILM REVIEWS

With Damon Smith

Hailee Steinfeld as Charlie with Bumblebee in VW Beetle form



Touching: Charlie forms a bond with Bumblebee



GENERATING QUITE A BIT OF BUZZ...

BUMBLEBEE (PG)

★★★★★

THE robots in disguise receive a welcome and sweetly sentimental reboot in the sixth instalment of the Transformers franchise.

Travis Knight, Oscar nominee for the exquisite stop-motion animation *Kubo And The Two Strings*, replaces Michael Bay in the director's chair for a family-friendly origin story cast in the mould of *The Iron Giant*.

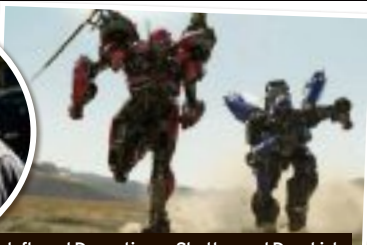
Bumblebee unfolds before events of the original Transformers and services a softly beating heart beneath gleaming metal through the touching friendship of the titular Autobot and a grief-stricken girl played by Pitch Perfect alumnus Hailee Steinfeld.

The 22-year-old actress delivers a beautifully calibrated and sincere performance, capturing the awkwardness of a teenager who hears her pain echoed in the songs of The Smiths.

Production designers go to town with late 1980s period detail – amusingly, the Decepticons are credited as architects of the World Wide Web – to a soundtrack that bops to



John Cena as Agent Burns, left, and Decepticons Shatter and Dropkick



the catchy melodies of A-Ha, Rick Astley, Tears For Fears and Steve Winwood.

Spectacular action sequences punctuate the heart-tugging narrative but director Knight wisely doesn't attempt to outmuscle Bay, whose penchant for special effects-laden destruction in slow-motion left previous tours of duty feeling bloated.

A bruising showdown against the dastardly Decepticons on planet Cybertron forces Optimus Prime (voiced by Peter Cullen) to sound the Autobot retreat.

He dispatches energetic recruit B-127 (Dylan O'Brien) to Earth to establish a base of operations. B-127 crash-lands in California and makes a hasty escape from armed forces commanded by Jack Burns (John Cena).

During a subsequent skirmish with Decepticon warrior Blitzwing (David Sobolov), B-127 loses his vocal processor unit and his core memory is damaged.

He transforms into a yellow Volkswagen Beetle shortly before his circuits shut down.

Plucky teenager Charlie Watson (Steinfeld) salvages the car from her local scrapyard and in the safety of her garage, she is stunned to discover the weather-beaten Beetle is a shape-shifting robot.

She christens him Bumblebee and agrees to keep her mechanised pal safe, aided by smitten neighbour Memo (Jorge Lendeborg).

Meanwhile, Decepticon

hunters Shatter (Angela Bassett) and Dropkick (Justin Theroux) trace B-127 to Earth and make first contact with Dr Powell (John Ortiz) from covert government agency Sector 7.

They convince the gullible scientist that Autobots are mankind's enemies and the only way to eliminate the threat is to allow them access to Earth's network of satellites.

"They literally call themselves Decepticons... that doesn't raise any red flags?" warns Jack.

Bumblebee is delightfully lean – it's the only film in the series to clock in under two hours – and balances aftershocks from the fall of Cybertron with Charlie's growing pains.

Steinfeld tenderly conveys the depth of her heroine's affection for her childlike robo-companion, who serves to protect the human race and is one of the cutest weapons in the Transformers armoury.

Fleeting scenes of Decepticons executing humans, who explode as colourless goo, shouldn't disturb young audiences.

Every war has casualties and for once in this fantastical universe, compelling character development and heartfelt emotion aren't among the fallen.

ALSO SHOWING

Say cheese: John C. Reilly, Pam Ferris and Will Ferrell



PREVIEW: HOLMES & WATSON (15)

ETAN COHEN, director of the 2015 comedy *Get Hard*, reunites with leading man Will Ferrell for a rumbustious romp based on the characters created by Sir Arthur Conan Doyle.

Sherlock Holmes (Ferrell) is a consulting detective in Victorian London, who tackles the most fiendish cases with the help of trusted companion, Dr John Watson (John C. Reilly). The men's methods are unconventional to say the least, but somehow they unmask criminal masterminds before Inspector Lestrade (Rob Brydon).

During a visit to Buckingham Palace, Holmes and Watson witness a murder.

A note left at the scene, purportedly from Sherlock's great rival Professor Moriarty (Ralph Fiennes), challenges the detective and his sidekick to solve the case within four days or Queen Victoria (Pam Ferris) will be next to die.

The clock is ticking as Sherlock and Watson sift through the evidence, buoyed by the support of loyal housekeeper Rose Hudson (Kelly Macdonald) and Sherlock's brother Mycroft (Hugh Laurie).

MARY POPPINS RETURNS (U)

★★★★★

A SPOONFUL of nostalgia – make that several heaped spoonfuls – helps the joy-infused medicine of Rob Marshall's 1930s-set musical fantasy go down in the most delightful way. Based on the books by PL Travers, this belated sequel to the 1964 classic prescribes two hours of sentiment-soaked escapism.

It has been a year since Michael Banks (Ben Whishaw) lost his wife Kate, and with it the light in his heart to guide their children Annabel (Pixie Davies), John (Nathanael Saleh) and Georgie (Joel Dawson). His rabble-rousing sister Jane (Emily Mortimer) helps to care for the brood but the grief-stricken father is three months in arrears on a bank loan secured against 17 Cherry Tree Lane.

Unless Michael can repay his dues in full by the end of the week, the house will be seized.

Thankfully, a high-flying kite snags magical nanny Mary Poppins (Emily Blunt, pictured), who rekindles sparks of joy in her former wards, aided by Cockney lamplighter Jack (Lin-Manuel Miranda) and Topsy (Meryl Streep), her eccentric "second cousin... many times removed".

Before you can say supercalifragilistic-expialidocious, we're grinning from ear to ear as we join the Banks clan on their fantastical odyssey.

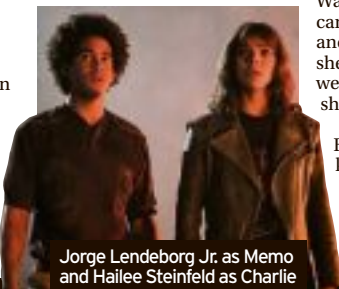


OUT THIS WEEK



Rachel Weisz and Olivia Colman in *The Favourite*

OSCAR winners Rachel Weisz and Emma Stone compete for the affections of Olivia Colman in the wickedly funny historical romp **THE FAVOURITE**... and an assault victim (Steve Carell) creates a fantasy world to recover his fractured memory in the heart-warming true story **WELCOME TO MARWEN**.



Jorge Lendeborg Jr. as Memo and Hailee Steinfeld as Charlie

You're Furnished JANUARY SALE

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RRP £689

YOU PAY £299

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Oak Sideboard

RRP £729

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MESSINA
Light Taupe
Leather
2 Seat Sofa

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2 Door, 1 Drawer
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YEAR IN REVIEW

LEAPING into the new year, **Tom Cruise** braved icy January winds as he sprinted across the roof of Blackfriars train station in London. A low-flying helicopter was filming the stunt for the sixth instalment of the *Mission Impossible* series.

The following month Cruise took to the skies for a second time, filming a scene from the chimney of the capital's Tate Modern, standing high in the London skyline at 99 metres tall.

The Royal Family continued to hit the headlines throughout the year, starting with an engagement in January.

Princess Eugenie and her long-term boyfriend **Jack Brooksbank** announced they were to be wed at Windsor Castle in the autumn – the same wedding venue as Prince Harry and Meghan Markle.

Extreme weather courtesy of the “**Beast from the East**” froze the British Isles in February.

The “beast” produced the coldest weather in five years, hitting transport and closing hundreds of schools.

In March, **Facebook** dominated the headlines: a year-long investigation by the Observer revealed million of profiles on the social media site had been harvested by data analytics firm Cambridge Analytica.

Concerns that personal information had been used to influence choices at the ballot box in the UK and the US led to founder Mark Zuckerberg appearing in front of Congress in Washington.

He was ‘empty chaired’ after declining to do the same in Westminster.

Earlier in the month, former Russian spy **Sergei Skripal** and his daughter **Yulia** were found seriously ill on a bench in Salisbury.

The pair had been exposed to the nerve agent Novichok in an attack which Prime Minister Theresa May said had “almost certainly” been approved by the Russian state.

The political agenda was dominated by the **Windrush scandal** in April when it was revealed that some immigrants who arrived from the Commonwealth decades ago as children had been told they were in the UK illegally and faced deportation.

Home Secretary **Amber Rudd** resigned in the wake of the scandal although she made a return to the Cabinet later as Work and Pensions Secretary.

The Duke and Duchess of Cambridge welcomed the birth of their third child, **Prince Louis Arthur Charles**, who is fifth in line to the throne, on April 23. His birth pushed his uncle, Prince Harry, down to sixth in the royal lineage.

But by the next month, **Harry** was firmly back at the top of the royal news agenda with the world watching as he wed US actress **Meghan Markle** at Windsor Castle. A 600-strong guest list of Hollywood stars and royals, plus a combined UK TV audience of 11.5 million people at home, watched the proceedings.

Later in May, **Ireland voted to legalise abortion** in a historic referendum. Nearly two in three Irish voters opted to repeal the

Below: Harry and Meghan tied the knot and Harry Kane led England in the Russia World Cup

Below: Prince Louis arrived and Salisbury saw a Novichok scare

the Department for Exiting the EU, Steve Baker.

Boris Johnson handed in his resignation letter soon afterwards, ending the Old Etonian former Mayor of London's tenure as Foreign Secretary.

October saw the second royal wedding of the year, when Princess Eugenie married Jack Brooksbank, a drinks brand ambassador.

Meghan's choice to wear a long coat to the wedding led to speculation she could be expecting. The following week, Kensington Palace revealed the Duchess of Sussex was indeed pregnant and due to give birth in the spring of 2019.

Earlier in the month, the **Conservative Party conference** briefly dominated the headlines after **Theresa May** made her way on to the stage gyrating to Abba's Dancing Queen before delivering her keynote speech.

November 11 marked **100 years since the end of the first First World War**. The

Prince of Wales led the nation in remembering those who gave their lives as he laid the wreath at the Cenotaph while the Queen watched from the balcony of the Foreign Office.

Foreign news dominated the final quarter of the year. There was worldwide outrage after journalist **Jamal Khashoggi** was murdered at the Saudi consulate in Istanbul.

British academic **Matthew Hedges**, who had been held in the UAE on spying charges since May, was sentenced to life in November.

After diplomatic talks between the UK and UAE, he was granted clemency and returned to the UK after five months in prison.

The year involved numerous negotiations, debates and protests concerning **Brexit** that are set to continue into 2019. On November 14, Mrs May published a 500-page withdrawal agreement that split the Cabinet.

Following a year of high-profile resignations, **Dominic Raab** quit as Brexit Secretary over the proposed deal, followed by Work and Pensions Secretary **Esther McVey**.

A meaningful vote on the deal, due to be held on December 11, was postponed by the Prime Minister amid doubts it would pass through the House of Commons.

After months of attacks by Tory Brexiters angry at her handling of negotiations with the EU, Mrs May finally faced a **no confidence vote** on December 12.

She won but more than a third of her party's MPs voted against her.

And her victory did not bring an end to her troubles. Her Withdrawal Agreement has still not been approved by the House of Commons with the clock ticking down to Brexit day on March 29 when the UK is scheduled to leave the EU.

Above: Theresa May was led a merry dance by Brexiters in her own party

Tributes were paid to the WWI fallen

Hot air: Donald Trump visited the UK

The Beast from the East hit Britain hard

BREXIT CHAOS, RUSSIAN SPIES, EXTREME WEATHER AND FOOTBALL MANIA...

EMMA BOWDEN AND LIZZIE ROBERTS LOOK AT WHAT LED THE NEWS AGENDA IN 2018

eighth amendment to the constitution.

The summer months saw a **six week heatwave**, with temperatures across the country regularly topping 30°C. The Met Office declared it the joint hottest summer on record for the UK.

The balmy weather coincided with the **2018 Fifa World Cup** in Russia and England made it to the semi-finals for the first time since 1990.

The British Beer & Pub Association said beer sales were up 4.4% on the previous year during the third-quarter of 2018 thanks to the success of the England team's run to the semi-finals.

In July, **Donald Trump visited the UK** to meet with Theresa May and the Queen at Windsor Castle. His visit was marked by tens of thousands of protesters taking to the streets of London, with London Mayor Sadiq Khan granting permission for a giant, nappy-wearing, baby Trump blimp to fly over the city.

A summit held at Chequers, the country residence of Mrs May, led to three ministerial resignations in July over a proposed Brexit deal.

Brexit Secretary David Davis went first, followed by No 2 at

BEAUTY COUNTER

THE hairdressing equivalent of fashion month, Salon International is a huge show that happens every year in London, where hair stylists unveil their latest collections and make predictions about the hair cuts and colours that are going to be big the following year.

As with catwalk shows, there are always some outlandish designs that aren't destined for the shop floor (or salon floor, in this case). But equally, the bold looks that models sport at Salon International can be very influential in terms of future trends.

Following the show, we asked four hair experts what colours and dye techniques they predict will be flooding our Instagram feeds very soon.

From subtle pastels to bold blues, here are their predictions...

BOTTLE GREEN

"THE winter trend for green totally reflects the high street fashion wardrobe for the season," says Lisa Whiteman, director at Whiteman Soho salon, who was working with Goldwell at Salon International.

"It has high shine, and looks healthy, vibrant and strong."

"This is definitely my favourite for the upcoming months," Lisa says. "It can be worn with the gold, wine and pine green fashions of winter."

COLOURED BALAYAGE

"BALAYAGE is a freehand technique, as no foils or 'meche' are used to create the highlights," explains Marzena Cielon, colourist at Mahogany Hairdressing.

"The term comes from the French word meaning 'to sweep' - balayage has softer, less noticeable regrowth lines than traditional highlights, the principal idea being less is more when creating soft, natural looks."

Previously, balayage focused on natural hues, but Marzena predicts that pinks and purples will become more popular.

"For example, Coloured balayage



KATIE WRIGHT asks four colourists for their top predictions and suggests products to protect your new hue

2019's LOOKS TO DYE FOR



Bottle green will be a hot look this winter



Above: Models with pastel hair, left, and petrol blue, centre. Pictured right, a model with visible roots

a muted grey balayage with a touch of lilac through the mid-lengths and ends. The effect? Super-subtle, ultra-lilac vibes," she says. "We can also create honey tones or strawberry blonde."

A word of warning, though: you'll need a pro who can do the freehand dying technique, so this isn't

one to try at home.

PASTEL PANELS

"HERE'S one of Mahogany's latest trends and one of my personal favourites - hair looking stunning with diffusion of apricot into seamless minky tones," Marzena says.

"This look came from our latest collection, called Ed-Torians, which was debuted at Salon International this year. "These colours are great for autumn/winter. This look is created by placing panels in the right order and using a blending technique."



Natural: Mel C

Marzena says. But if you want the colour to last, you may have to bleach your hair first. "It does require quite a bit of maintenance."

VISIBLE ROOTS

"FOR a gentle transition into the new season, shadowy roots are starting to make an appearance," says Anna Short, colour director at Daniel Galvin in Selfridges London.

"Placing some subtle highlights around the face make this look more polished and deliberate, rather than grown out neglected roots."

"For blondes, that means more neutral tones, neither warm nor cool, fitting with the deeper roots."

FLAT COLOUR

IF colours - bright or pastel - aren't your thing, fear not. John Vial, co-founder of Salon Sloane, believes we'll also see a return to what he calls 'disciplined colouring'.

"People are going to go back to blanket colour... to make it look like the colour it was when they were a teenager."

It's a look that can currently be seen on Spice Girl Melanie C, one of Vial's clients.

"As a complement to that, and to stop brown hair fading to a gingery colour, colourists are using blue and green tints so that it's true flat brown."

"It's a massive reaction to all the bright coloured hair we're seeing. It's a teenage dream."

PETROL BLUE

DENIM hair was a big hit on Instagram this year, but 2019 is going to be all about petrol blue, a more greenish, saturated shade.

"If you have naturally dark hair and a deep skin tone you're a perfect fit for this hue,"

TRIED & TESTED

THREE VOLUMISING MASCARAS

Hourglass Caution Extreme Mascara

£25, Space NK

★★★★★

A BLACKER than black mascara with a fine wand for precise application. You can coat almost every lash with this product, which leaves them looking fuller and thicker. It isn't gloopy either, and there's no danger of being left with panda eyes.

Benefit Badgal Bang Mascara

£21.50, escentual.com

★★★★★

I AM not a fan of spindly little mascara brushes so my heart sank when I saw this... and the brush bends. But it was actually a revelation, the bend in the wand made it easier than ever to coat even tiny hairs. Lashes looked full and fluttery and I loved that it is a super-dark, intense black. My only quibble would be how much mascara is on the brush when you pull it out.

Sisley So Intense

£43, sisley-paris.com

★★★★★

THIS masacara promises not only instant volume and length, but eyelashes that 'are visibly longer and thicker, day after day' thanks to a vitamin-rich peptide formula.

While it did give a good coating to lashes it was not as volumising as I would have liked. I also have yet to see a major difference in the length or volume of my lashes. Would expect a lot more at that price point.

CELEBRITY SECRET

NEWLYWED

Priyanka Chopra has expensive tastes in beauty. The 36-year-old actress is a fan of the **111Skin Bio-Cellulose Facial Treatment Mask**, £85, at Space NK (pack of five).

She says: "It's the first thing that goes on my face before any make-up, and it makes anything I put on after look flawless."

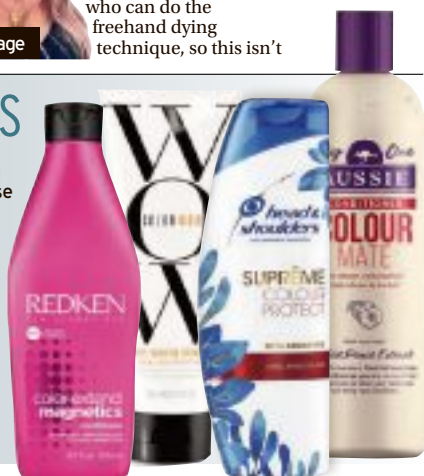


Priyanka Chopra

SHADE SAVERS

KEEP your new hue looking fresher for longer with these colour-preserving shampoos and conditioners, from budget to premium.

L-R: **Redken Color Extend Magnetic Conditioner**, £12.35, LookFantastic; **Color Wow Color Security Shampoo**, £16.50; **Head and Shoulders Supreme Colour Protect Shampoo**, £4.99, Superdrug; **Aussie Colour Mate Conditioner**, £4.19, Boots



FASHION FOCUS

STYLE FILES

THE LATEST FROM THE CATWALK, RED CARPET AND HIGH STREET

■ SO, did nobody buy you pyjamas for Christmas? Buy them yourself. In fact, if you have any cash left post-Christmas, blow the budget and treat yourself to a gorgeously soft and luxurious pair from Californian brand **Rails**.

Now available in the UK from Net-a-Porter, this printed voile set is £155, net-a-porter.com



■ WE HAVE seen the future... and it is contactless. **Guess** has teamed up with bPay by **Barclay card** to produce a collection of contactless watches.



Available in classic leather, sporty silicone and glitzy styles, the contactless collection enables wearers to make safe purchases under £30, track spending and take control of payments.

Available at H Samuel and Watchshop.com, RRP: £129- £219.

■ IF YOU are lucky enough to be spending these 'Twixtmas' days doing diddlysquat then put your feet up in cosy style in these super-snuggly 'Fair Isle' knitted slipper boots, were £17.50, now £8.75, debenhams.com



■ GOT a taste for designer but can't justify spending a small fortune on footwear? These glittery ankle boots, £59 at **Monsoon** pictured on the right below, are dead ringers for a Jimmy Choo pair that is £750 at FarFetch.com, pictured left.



LADY WILNELIA FORSYTH HAS PICKED OUT HER FAVOURITE PIECES FROM JD WILLIAMS' CHRISTMAS COLLECTION.

EMMA JOHNSON TAKES A LOOK

LADY'S CHOICE



Joanna Hope teal velvet dress, was £75, now £45



Wool fit and flare check coat £90



Right: Joanna Hope drape shoulder maxi dress was £85, now £59.50

Left: Animal sequin camisole £40.50, all clothes available from jdwilliams.co.uk

*All prices correct at time of going to press



Lady Wilnelia with her late husband Bruce Forsyth



Joanna Hope embroidered maxi dress £150, now £105



Joanna Hope beaded maxi dress £165

JOANNE WATKINSON



LOUNGING AROUND

IT'S the week for elasticated trousers and not knowing quite what day it is when you wake up.

The week for eating chocolate in metallic wrappers and staying in your PJs until the afternoon. Depending on the size and dysfunction of your family, like me, you could be repeating your Christmas Day right up until December 31.

It's an awful lot of celebrations, and you'll need a suitable number of outfits that can comfortably accommodate a carbohydrate-filled belly.

Fortunately, tinsel earrings, reindeer headbands and Christmas jumpers stop being cute on Boxing Day, so post December 25, I'm opting to wear something that is as cosy as a tracksuit but as smart as a co-ord.

The pretentious word for it is loungewear - not to be confused with gym gear - which at no point should be worn to a family gathering, no matter how comfortable it is.

Chinti & Parker do the cashmere loungewear of my dreams, but the last time I checked I hadn't won the lottery,

so I've hunted down the best knitted co-ords from the high street.

Zara of course has amazing knitted joggers and palazzo pants, **Pretty Little Thing** does great knitted co-ords in neutrals of grey, stone, black, burgundy and white, while **Asos** has come up with a skirt and loose-knitted sweater combo which is the ultimate

compromise between smart and cosy.

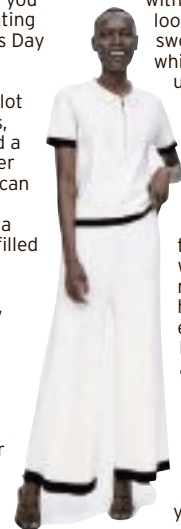
The trick to making lazy party dressing acceptable is to tart it up a little with accessories, a knotted headband or an embellished barrette makes a stylish alternative to big earrings - another lazy girl tip, as both are perfect for hiding the fact you can't be

bothered to wash and style your hair for the umpteenth time.

They also look amazing for big nights out.

If you fancy a head ornament to finish off your New Year's Eve look, check out **Anthropology** and **Topshop**.

Here's to a happy, healthy and very stylish 2019!



Knit polo £29.99, palazzo trousers £29.99, zara.com

Q&A

Q I WOULD like a NYE party dress that I can also take on holiday with me in January. No sequins please!

A THIS & Other Stories dress, £110, is perfect. Red is for a party and the silky style will look gorgeous with sun kissed skin.



■ JOANNE is a stylist and personal shopper with more than 16 years experience in the fashion industry. Email: Joannecwatkinson@me.com

HEALTH & LIFESTYLE

HEALTH
NOTES

Giving up sugar can cause withdrawal symptoms in kids

■ **CHILDREN** who reduce sugar in their diet "suffer like drug addicts" according to a study.

Junk food diets are packed with added sugar and researchers have observed the effect on teenagers who cut their intake for just three days.

Participants, aged 13 to 19, who switched from fizzy drinks to milk and water reported headaches, less motivation and suffering from cravings.

All were overweight and normally had at least three sugar sweetened drinks a day before going "cold turkey".

Lead author Jennifer Falbe, of California University, said: "An abundance of research points to sugary drinks as contributing to a number of chronic diseases.

"Our findings that these drinks may have addictive properties which make their ubiquitous availability and advertising to youth even more concerning for public health."

■ **THAT** real Christmas tree, right, could be causing more problems than just a few pine needles on the floor. More than a third of us suffer from an increase in hay fever-like symptoms during this time of year, known as 'Christmas tree syndrome'.



Signs include an itchy nose, watery eyes, chest pains and coughing, and it can affect adults, children and even babies.

Thousands of asthma sufferers are admitted to hospital every year in December as a result of mould that develops on Christmas trees. Mould grows on fir trees and thrives when brought into a warm environment.

■ **THE** festive period can be a challenging time for our stress levels and it's even harder for those with mental ill-health. The Mental Health Foundation (mentalhealth.org.uk/) is the UK's charity for everyone's mental health.

With prevention at the heart of all it does, the group aims to find and address the sources of mental health problems.

Ready to mix up your gym schedule? Here are the fitness trends you can look forward to trying in 2019, says **LIZ CONNOR**

EXERCISE used to be a kind of torture that plenty of us avoided at all costs, but thanks to influencers, boutique gym studios and wearable gadgets, it's had a total re-brand – and more of us are spending our hard-earned cash on fitness than ever before.

Each year, shiny new workout trends promise to shake up the Lycra-clad landscape, and there's plenty to sink your teeth into over the coming months.

So, while last year we grimaced through strength training and functional fitness, this year there's a whole new way to sweat...

CONTRACTLESS GYM HOPPING

THE days of signing up to a year of slogging it out at the same local leisure centre are long gone. Instead, we'll be accessing tap-and-go apps that allow us to pick and choose from hundreds of different specialist studios around the country.

Leading the charge is MoveGB (movegb.com), which has been dubbed the 'Netflix of the fitness industry'. It has more than 6,000 fitness partners nationwide including Virgin Active, Digma Fitness and Hotpod Yoga, meaning you can tap up the very best instructors for whatever type of workout you fancy on the day.

Research from the company shows that gym bunnies who flit between multiple venues to exercise are four times more likely to stay active six months later, than those who stick to the same gym, proving it pays to keep your options open.

Wellness festival, Balance Festival (balance-festival.com) also reports that gym loyalty is waning, with 40% of fitness fanatics saying they don't have gym membership, but 70% saying they take part in boutique fitness classes.

Esquared (esq2.com) is another app-based platform that connects its users with discounted fitness classes and two-hour sessions at gyms across London, except there's no membership fee – and it's soon to launch outside of the capital. Meanwhile, people in Manchester and Bristol should keep an eye out for monthly fitness membership, ClassPass.

A RETURN TO THE TREADMILL

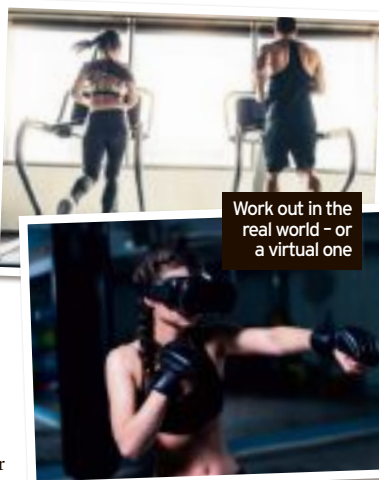
NICHE fitness offerings are all well and good, but ClassPass (classpass.com) predicts we'll be stripping back our workouts. According to the company, treadmills are back in vogue, with consumer intelligence showing an 82% increase in bookings for classes involving a running machine last year.

Rather than plugging in a sluggish speed and jogging for 30 minutes, we'll be chasing an endorphin-rush at dedicated interval-based classes instead. That way, there'll be no chance of slacking off on your speeds, what with an instructor

NEW YEAR, NEW WAYS TO WORK OUT



Increase the power of whatever exercise you do with a flexible band



Work out in the real world – or a virtual one

to make pull ups and rows more challenging. Best of all? You can buy your own set and use them at home while you're on a Netflix binge. No gym necessary.

BOOTCAMP WORKOUTS

IF you're predisposed to procrastination in the gym, sometimes military-style training is the only way to get the job done. Army-inspired workout classes can help you to burn 1,000 calories in a single session, using a mixture of running and weights to tone muscle and maximise fat loss.

Gyms like Fitness First (dwfitnessfirst.com) and LA Fitness (lafitness.com) all offer variations on the trend, while the original West Hollywood fitness phenomenon Barry's Bootcamp (barrysbootcamp.com) has just opened in Manchester.

Workouts are tough and sweaty, but the blow of cranking out hundreds of squats is softened by luxury facilities, a banging sound-system and a slick protein shake bar.

COMPETITIVE SPIRIT

2019 is all about setting yourself a challenge. Rather than just working out for the sake of getting fit, now you'll be 'training' with an end goal in sight – whether it's to run a marathon, take on an Ironman challenge (ironman.com) or get your squad together for a day on the Tough Mudder (toughmudder.co.uk) assault course.

If going head-to-head is your sort of thing, get your competitive spirit fired up at Turf Games (turfgames.com), a functional fitness and team-based competition, where guys and girls can lift, flip, press and jump to try to beat each other. The games

will be happening across three yet-to-be announced cities across the UK, with the chance to be named the Turf champion in your area.

Game on.

BALLET FOR BOYS

BALLET-INSPIRED fitness classes soared in popularity a couple of years ago, as gym-goers reaped the full-body benefits of training like a prima ballerina.

This will finally be the year, though, that we'll shed the outdated idea that barre is an activity solely for women, with studios becoming gender neutral zones.

Let's face it, barre is no easy workout and there are some pretty brilliant reasons why guys should try it out.

It's non-impact, it improves flexibility, bolsters core strength and challenges your endurance – making it a great choice for runners looking to supplement their marathon training without putting themselves at risk of injury.

VIRTUAL REALITY WORKOUTS

AT this year's Consumer Electronics Show (CES), US company Black Box VR (blackbox-vr.com) debuted the world's first virtual reality fitness machine.

Designed to tackle the sedentary element of gaming, their VR chest press comes with a headset that immerses players in a virtual world, where you need to perform reps to fight your opponent. The idea is you level up your fitness while gaming, using speed, strength, and endurance to help you win.

We're pretty sure it won't be long until VR headsets land in boutique fitness studios.

Watch this space.



Ballet barre is a brilliant low impact exercise for everyone



New apps mean you can swap to any session at any gym that takes your fancy

REASONS WHY YOU SHOULD GIVE RYE A TRY

OUTSIDE of Scandinavia, rye bread can be a bit of a niche proposition. The dense bread is beloved by the health-conscious among us though, and switching from to rye could bring you a range of benefits.

Here are some of the reasons you should consider making it your sandwich standard...

IT'S FULL OF FIBRE

WE all know we should seek out high-fibre foods to help our digestion and cholesterol, among others reasons. Handily, rye bread is incredibly high in fibre, with twice as much as most standard wheat-based breads.

Rhiannon Lambert a Harley Street nutritionist and author of *Re-Nourish: A Simple Way to Eat Well* (£19.99, Yellow Kite) says "the additional fibre (in rye bread) may aid digestion and may also help you to feel nice and full for longer."

IT'LL FILL YOU UP FOR LONGER

SPEAKING of appetite, a study in Sweden, where rye bread is widely consumed, found that eating it as part of your breakfast not only makes you feel less hungry before lunch, but even has a knock-on effect afterwards.



Rye bread is high in fibre and can help keep you feeling full

Effectively, rye bread can help control your appetite and leave you feeling satiated all day, which should put it in pole position as your breakfast of choice ahead of a trying day – or if you know someone's scheduled a pesky lunchtime meeting.

IT CAN LOWER YOUR GLUTEN INTAKE

RYE unfortunately still contains some of the proteins found in gluten grains, so those with an intolerance or coeliac disease should avoid it.

However, if you're trying to cut down on gluten without avoiding it altogether, rye could be a perfect substitute to that early morning bagel.

It has lower levels than most white breads, which is partly why it's so dense, making it a great option for people who have a slight sensitivity.

IT'S PACKED WITH NUTRIENTS

RYE is a great source of iron and magnesium, offering more of each than most wheat, and even packs a bonus helping of zinc too.

If you're lacking in these vital nutrients, it can affect both your mood and your energy levels. Rye bread also contains around twice as much potassium as white

bread, which is important for regulating blood pressure. "There is a lot more to a slice of bread than just carbohydrates to consider," says Rhiannon.

IT COULD HELP TO FIGHT ASTHMA

PARENTS around the world know the struggle of white bread versus brown bread.

But the benefits of rye bread for a child's health could make it worth persevering. A recent study found that children's diets play a significant role in the likelihood of their developing asthma, and rye bread was named as a feature of the sort of diet that may be able to fight against such health risks.

Tenant Forum

We are all ears on housing

Do you have a housing issue which needs attention or a suggestion on how Harlow Council can improve its housing services?

Harlow Council in partnership with tenant representatives invite you to the

Winter Tenant Forum

(for Harlow Council tenants only)

Wednesday 9 January 2019

Beginning at 7pm at the Civic Centre
The Water Gardens, Harlow, Essex, CM20 1WG

Presentation on Housing Finance - Annual Update

Do you have a housing issue of concern that you would like to discuss with someone?

Come along to the Market Place where our dedicated teams of Harlow Council Officers and Contractors listed below will be available to talk to on a one-to-one basis regarding any housing related issue:

Area Housing, Housing Property Services, Housing Options and Advice, Contact Harlow, and HTS (Property & Environment) Ltd.

Contact Zulfi Kiani-Mackintosh
Community Engagement Co-ordinator on 01279 446330
or email tenant.relations@harlow.gov.uk if you have any queries or require free transport.

Harlow Council, Civic Centre,
The Water Gardens, Harlow, Essex CM20 1WG

Harlow Council
Working together for Harlow

HarlowStar

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The Spirit of Kraków

5 days from £469 Flying direct from London Stansted, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct & Nov 2019

Savour the preserved medieval glories of Poland's former Royal capital unveiled, and pay a moving visit to poignant Auschwitz.

Tour highlights

- ✓ Enjoy a guided tour of Poland's stunning former Royal Capital
- ✓ Discover the great medieval square of Rynek Główny
- ✓ Wander the market stalls and galleries of the vast Sukiennice Cloth Hall
- ✓ The stunning Mariacki church
- ✓ Take in Wawel Castle
- ✓ Visit the Kazimierz district, the former centre of Jewish culture
- ✓ Enjoy Kraków's vibrant café culture
- ✓ Visit poignant Auschwitz-Birkenau
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Four nights' four-star bed and breakfast accommodation, return flights and transfers

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STYLE GUIDE

Shoot for the stars

KATIE WRIGHT selects the best celestial accessories

FASHION has been in a real stargazing mood over the last 12 months, with constellation prints popping up all over the high street.

Celestial designs have been particularly embraced by jewellery designers.

Whether you're buying a gift or a little something for yourself, a delicate pair of drop earrings make a lovely addition to a party outfit, while tiny star studs look great all year round.

Here are five of the best galactic themed jewellery collections...

1 SCREAM PRETTY

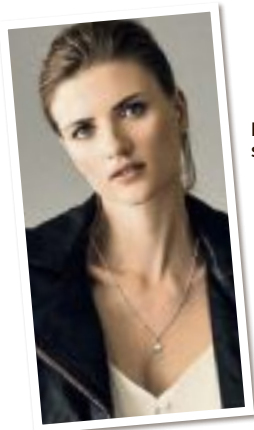
THE Starburst collection from Scream Pretty features sparkly gold and silver stars on trendy threader, bar and stud earrings.

We love the golden trio of star, moon and lightening studs – it's the perfect present for a friend who loves to pile on delicate jewellery.

Scream Pretty double drop starburst earrings £32; Starburst necklace with slider clasp £28

2 BELLA JANE

BRITISH jewellery brand Bella Jane specialises in sterling silver stacking bracelets and rings you mix and match. The AW18 collection comes with star motifs on beaded bracelets.



Bella Jane sterling silver star pendant £60



Bella Jane Wish Upon A Star bracelet £40

3 THOMAS SABO

THE Thomas Sabo Kingdom of Dreams line is peppered with regal star and moon shapes with colourful crystals, while the Charm Club's Sun, Moon and Stars collection features a wide range of heavenly bodies – the midnight blue and gold charms are particularly chic.



Thomas Sabo generation charm club 18ct gold-plated silver moon stars charm £59, Beaverbrooks

Thomas Sabo royalty star & moon earrings £160, RoyalDesign



Above, Carat London Nova drop earrings £109

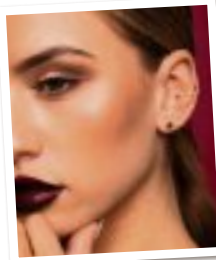


Above, Scream Pretty celestial set of three single stud earrings £20

4 GOLDSMITHS

AT the more luxury end of the spectrum, Goldsmiths has a variety of stunning diamond and gold star

Goldsmiths 9ct yellow gold star stud earrings £50



Goldsmiths 9ct white gold 0.15ct diamond star pendant £300



jewellery.

5 CARAT LONDON

ALSO in the premium category, Carat London's beautiful Stella collection centres around an eight-pointed star motif, while the Chelsea

Carat London Aurora earrings & pendant set £259



BEAUTY BUZZ

THE LATEST PRODUCTS

& GLAMOUR

GOSSIP



Sanctuary Spa's sleep range

DREAMING OF A GOOD SLEEP?

IF ALL the Christmas partying has left you pooped but you still can't get some good shut-eye, try **Sanctuary Spa's** new sleep collection which is infused with lavender oil and midnight flowers, perfect to help your mind and body unwind for a great night's sleep.

Choose from Sleep Drift-Off Bath Soak, £12, Sleep Relaxing Body Butter, £11 and Sleep Dream Easy Pillow Mist, £8 at Boots and Superdrug.

SUPER SOAPER

NOBODY bought you smellies for Christmas? Well, treat yourself to some special ones.

The Soap Co. is an ethical luxury brand that not only creates gorgeous pampering goodies, but all its products are handcrafted in the UK by people who are blind, have a disability or are otherwise disadvantaged. Also, its bottles are all locally sourced and the wrappers are compostable and the range is now available at John Lewis. We love this trio bodycare gift set, £39.



GET THE LOOK

KELLY BROOK showed off her curves at the premiere of *Mary Poppins Returns* in this beautiful Adrianana Papell one-

shouldered gown. You can steal her exact style because the gown is available at John Lewis where it has been reduced from £147 to £97.50, johnlewis.com



CRUSH OF THE WEEK

Star print and made from cashmere, we really need this Hush scarf in our lives, £159 at John Lewis & Partners.



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Concerts

**Merry Christmas to Uke - Sat 15th Dec
6:30pm**



The award-winning Ware Ukulele Group are back from their European tour, and it is with great delight that we present our annual Christmas concert, this year at the Southern Maltings, Kibes Lane on Sat 15th Dec, starting at 6:30pm, including festive favourites, classic carols and plenty of audience participation, there is something for every member of the family! Each ticket includes an entry to the raffle, and refreshments are available in the interval too! All proceeds go to the Southern Maltings. Tickets available in advance and on the door. Reserve yours now by using the contact details below, or by visiting www.wareukegroup.co.uk

£2

Contact lloydukulele@hotmail.com or 07999498825

A NO NONSENSE FOOTBALL AUTOBIOGRAPHY

Forewords: Tony Pulis and Jilly Cooper



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UNGRATEFUL.
REMOVED
FROM REALITY.**

None of these things apply to Jon Parkin.

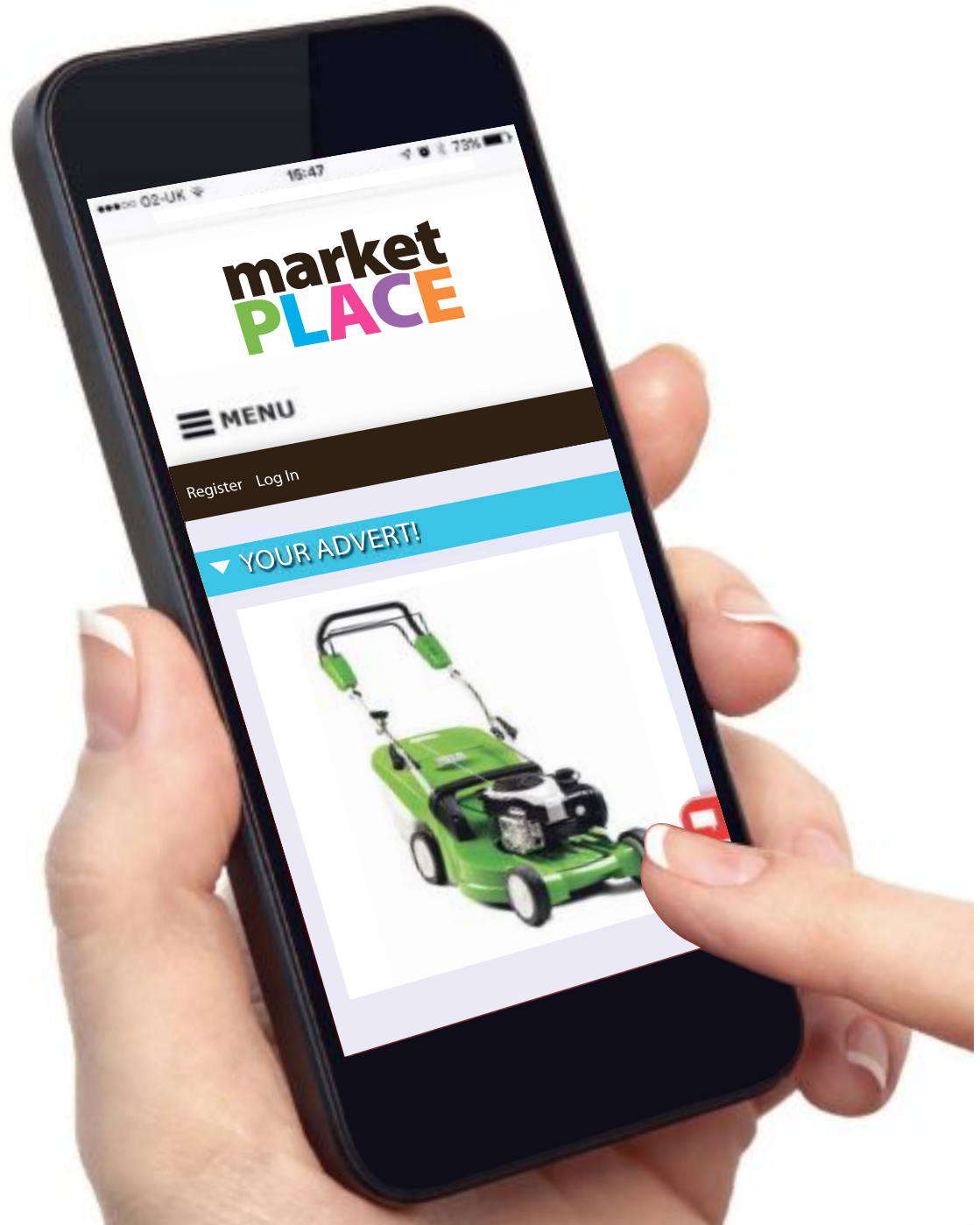
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SHOP IT

With Emma Johnson

IN WITH THE NEW

Planning on making some fashion resolutions this year? Here are some buys to help

1

INVEST IN A STATEMENT COAT

With the sales on, it's a great time to splash out. Faris belted coat, was £350, now £245, Reiss

2

DON'T FEAR WHITE

This will look classy with jeans, French Connection jumper, £69, Next

3

BUY A NEW WORK BAG

It's probably the thing you use most after all. MICHAEL Michael Kors Ana leather toire, was £270, now £189, John Lewis

4

TRY A STATEMENT TRAINER

Just remember these are not for the gym. Carvela Lustre trainers, were £139, now £99, kurtgeiger.com

5

JAZZ UP YOUR GYMWEAR

Cute kit motivates you more... promise! USA Pro mermaid crop top now £8, leggings £13.50, sportsdirect.com

6

CHANGE UP YOUR JEANS

Always wear skinnies? Try another style. Boyfriend jeans, were £138, now £69, jcrew.com/uk

7

GIVE PRINTS A CHANCE

You won't regret it. Quiz midi skirt, £29.99, Debenhams

8

SAY KNICKERS TO OLD PANTS

Refresh your undies drawer with a multi-pack, Calvin Klein Carousel 3-pack briefs, £38, figleaves.com

9

BIG UP YOUR ACCESSORIES

Super-sized earrings are a short cut to chic, £12.99, Zara

10

BLOCK IT OUT

Wear stilettos to work? Block heels are much more comfortable. Red M&S Collection shoes, £19.50, M&S



* PRICES CORRECT AT TIME OF GOING TO PRINT. ALL OFFERS ARE WHILE STOCKS LAST

FAMILY HEALTH

LET'S face it, it's not just your bank account that will have taken a battering this Christmas. There are so many temptations on offer, you'd have to be a saint to have resisted letting your hair down and enjoying all the tasty treats on offer.

And with an average of 4,000 calories consumed on Christmas Day, you don't need me to add to your guilt trip.

What I can do is suggest some of the ways you can combat the full tummy, work off some of those extra calories and enjoy days together as a family before the kids go back to school.

GET OUTDOORS

CHANCES are at least one of your children will get some outdoor play equipment from Father Christmas this year.

Rather than sending them out into the back garden to experiment with their new toys alone, join them. Getting the whole family involved will not only increase enjoyment but will be a fun way for everyone to burn off calories.

A brisk 30-minute walk can burn off as much as 150 calories, so even if Santa hasn't brought bikes, scooters, cricket sets or footballs, the family can still benefit from moving together.

WHEELIE GOOD HOLIDAYS

BIKES are a great way to get out together. Whether it's cycling to the local park or taking a trip along the canal, Sustrans (sustrans.org.uk) has lots of different family-friendly cycle routes.

If cycling isn't for you, why not run alongside your kids as they pedal or scoot? Kids will love playing out and your interaction will only make it more fun for all of you.

START AS YOU MEAN TO GO ON

WHILE it's tempting to let the kids watch TV or play on their new tablets – especially when the weather is bad – now is the time to get into good habits.

The average UK child spends more than 17 hours a week in front of a device, so limiting their usage from the start will help you all stick to the rules.

A treasure hunt is a great way of coaxing your kids away from their screens. You don't need to hunt for sweets or prizes, you could look for landmarks or follow clues to a friend's house.

If it's raining, hide clues or treasure around the house and garden. The important thing is that you will be off the sofa and on your feet for at least an hour or so.

Another great activity is searching for painted pebbles. There are lots of Facebook groups letting you know where pebbles can be found in your area.

Why not paint your own on a rainy day and challenge family and friends to find them around the house, garden or park? You can even time groups to see who finds them first – encouraging

**BEGIN 2019
AS YOU
MEAN TO
GO ON
AND GET
INTO SOME
HEALTHY
HABITS FROM
THE WORD GO,
SAYS FITNESS
EXPERT
MICHELLE
CHILDS**

NEW YEAR NEW START

everyone to move faster!

If you have older children who are simply too engrossed in their devices, why not try geocaching with them? It's a modern form of treasure hunt where you follow GPS coordinates to find the 'geocache'. It's a fantastic way to keep the whole family both mentally and physically active. All you need to do is download the app (geocaching.com) and choose a treasure trail to follow. Each trail is graded so you can choose one to suit your group's ability.

FAMILY SPORT

EXERCISE itself might not pique your children's interest, but a sports or swimming session undoubtedly will. An afternoon in the pool will do the whole family the world of good. Or you could book a badminton or games court and enjoy playing together as a family. As pools and courts are indoors, there's no

“Getting the whole family involved will not only increase enjoyment but will be a fun way for everyone to burn off calories

Children will love getting out on their bikes even more if you join them

ASK THE EXPERT

Small children can obsess over wrapping paper



MY two-year-old son plays with the Christmas boxes and wrapping paper more than his presents. Why does he love the packaging so much?

DR Shona Goodall, a clinical psychologist at Sheffield Children's Hospital who has appeared on Channel 4's Secret Life of 4 Year Olds, says: "Many of us have spent a small fortune on Christmas presents only for our toddlers to seemingly push them aside in favour of the cardboard boxes or wrapping. But Christmas packaging has more benefits for children than you might realise.

"Children of this age tend to take a great deal of interest in packaging at Christmas because removing it is often the first thing we encourage them to do. The sensory sound of the ripping noise is a quick win for them to master – it improves their hand-eye coordination and strengthens their finger pincer grip.

"Free (but safely supervised) play with packaging offers a blank canvas to explore what they can do with the paper and boxes at their developmental stage and get creative and learn, without fear of getting it wrong.

"Playing with packaging can have other beneficial effects on their development too – it can help your son instigate positive behaviours like recycling.

"Young children love to copy at this age – you might have noticed your son will often look at you right before he's about to do something. Caregivers attune to their child's responses and assist them to make sense of the world, and research has shown praise will positively reinforce them to do it again.

"By encouraging the behaviour you want to see more of, such as putting something in the bin or recycling, you can lay a fantastic foundation upon which to teach him about sustainability.

"So, playing with packaging will not only aid your son's development, but also sow the seeds for him to learn important lessons about recycling and sustainability for both your children and future generations"

For more on cardboard packaging, visit [Beyond the Box](http://BeyondtheBox.org).



Geocaching is a modern treasure hunt



A trip to the baths will burn off festive fat



Vacuuming can burn 150 calories an hour

getting rained off by the winter weather!

Lots of leisure centres, play centres and community groups also provide activities over the holiday period, so it's worth checking out what is going on around you.

TAKE ON A CHALLENGE

DESPITE shorter days and inclement weather, there are always plenty of organised running and walking activities taking place in your local parks and leisure centres.

As well as helping build stamina and endurance, studies show that running and walking are real mood boosters that can help kids (including the big ones) feel more carefree.

CLEANING!

NOT many of us relish the idea of cleaning up after Christmas.

But what if I told you that scrubbing the bathroom will help burn up to 250 calories an hour, and vacuuming 175? As long as you put enough effort in to raise your heart rate, make you breathe faster and feel warmer, you are doing yourself some good.

Why not make cleaning an exciting game for the whole family? You can even use pocket money or days out as a motivational tool – the more hands, the quicker it will take!

■ Michelle Childs is health development manager at Life Leisure sports trust, lifeleisure.net

HEALTH & LIFESTYLE

Build up your energy to beat the winter blues

Skincare and wellness guru Liz Earle tells **LIZ CONNOR** about some of the healthy – and budget-friendly – habits she swears by to boost her mood

THE cold, dark January mornings can easily leave us feeling sluggish, sleepy and lacking in the get-up-and-go we need to tackle the day.

This is especially true straight after Christmas, where many of us have also overspent and overeaten, leaving our financial and physical health in a bit of a negative funk.

The good news is that you don't need a bursting bank balance to kick-start your winter mojo, and you don't need to rely on cup after cup of coffee, either.

"There are so many cost-effective ways to raise spirits and restore smiles as 2019 gets underway" says Liz Earle, founder of Liz Earle Wellbeing (lizearlewelling.com). "Looking after our wellbeing shouldn't mean spending lots of money on the latest fads."

Here, Liz shares her top five budget-busting tips for keeping your energy levels up until spring rolls in...

ADD A DOSE OF HOMEMADE PROBIOTICS INTO YOUR DIET

"A DAILY dose of probiotics can make a real difference to gut health and therefore our overall health and wellbeing. However, shop-bought probiotics in the form of plain live yogurt and kombucha, or fermented foods such as kefir and pickled vegetables can be expensive, and full of added sugar.

"Why not try making your own instead? You'll be surprised how easy and cost-effective this is. Live yogurt is so easy to make overnight with a little milk, and I always have a kombucha ferment (a type of fizzy tea) on the go in my kitchen.

"I make my own kefir using fresh live kefir grains or powders and organic whole milk a couple of times a week – it's so much cheaper than shop-bought versions and cuts out the plastic bottle waste too.



A good balance of stillness and exercise is essential says Liz



"Making sauerkraut couldn't be easier or cheaper, either. Simply pack chopped cabbage in salty water for two to three weeks to ferment it, before adding a spoonful to simple lunch and supper dishes. It's especially good on a baked potato or with cheese."

INTRODUCE A POCKET OF STILLNESS INTO YOUR DAY

"LAST year, I travelled through Sardinia and Greece to investigate Blue Zones; special regions where people share a common lifestyle, whose exceptional longevity has been verified. One of the key learnings that has stayed with me is how weaving 'pockets of still' into our day can have a hugely beneficial impact on our wellbeing.

"There are a variety of ways to do this, such as meditation or relaxing walks, and all of them are free.

"Like most working mothers, I feel as though I'm on the go the whole time, but I now make an effort to build a small dose of quiet 'downtime' into each day – even if it's just 10 minutes of sitting in the garden with a book."

STRETCH DAILY

"ONE of the easiest ways to knock years off how you look

and feel is to make a real effort to improve posture – and it's never too late to start. By standing truly upright, feet flat on the ground, head looking straight ahead, shoulders back and lowered, you immediately feel more alive.

"I'm the first to admit that it's difficult to break old posture habits. One of my favourite tips for releasing tension and lowering shoulders is to hold your arms behind your back and grasp the opposite elbow – this immediately brings you to a more upright position and you can feel the shoulders relaxing downwards.

"Don't forget to stretch your face muscles too – pulling a wide grin

helps tone and tighten the skin as well as releasing endorphins in the brain to lift a low mood."

GIVE YOUR GUT TIME TO REST

"IT'S REALLY important to allow our body, and therefore our gut, to rest from time to time. Whenever possible, try to rest your gut overnight, allowing a clear 12-hour window when nothing is eaten. I try to have a juice cleanse at least twice a year too.

"Whilst the initial investment in a juicer can be expensive, you'll find you've made a considerable saving in the long-term. I follow the 70-30 rule, making 70% of my juice from veggies, as pure fruit juices are very high in sugars."

SPEND MORE TIME OUTSIDE

"NATURAL daylight and fresh air increase our sense of wellbeing and happiness, so don't let the cold weather stop you from getting outside at this time of year.

"Whether it's a leisurely stroll in the park or a brisk walk to a meeting, being outside can lift our moods, ease anxiety and wake up a sluggish mind. I'm a recent convert to running and enjoy early-morning runs around my West Country farm, or at the park near my office when I'm in London."

FIVE WAYS TO RELIEVE INSOMNIA NATURALLY

THERE'S nothing more frustrating than spending a night staring at the ceiling willing sleep to come.

If you're regularly finding it a struggle to drift off or stay in the land of nod you're not alone: As many as 16 million UK adults regularly

suffer sleepless nights, with a third (31%) reporting that they have insomnia, according to a 2017 survey by Aviva.

LIZ CONNOR gets some expert tips for a good night's sleep:

KEEP REGULAR BEDTIMES AND WAKING TIMES:

"Our bodies love routine and follow a circadian rhythm," says Dr Prudence Knight, online GP at Push Doctor (pushdoctor.co.uk). "This is driven by hormone levels which vary throughout the day.

"Go to bed and get up at the same time every day," she advises, "including the weekends – and don't nap. It can take several weeks for a sleep schedule to take effect, but the majority of people end up with a good pattern."

CUT OUT CAFFEINE AND GO LIGHT ON THE BOOZE:

"Stay away from alcohol or caffeine six hours before bed," says Dr Kim Glass, lead GP at Bupa Health Clinics (bupa.co.uk). "Caffeine is a stimulant and the effects can stay in the system for hours. Alcohol reduces the amount of REM (rapid eye movement) sleep you get – the type of sleep which makes you feel most rested."

"MAKE THE BEDROOM A DEVICE-FREE ZONE: "Your bedroom should be a calm place, free of stressful distractions," says Dr Glass.

"Tablets and smartphones emit blue light which can boost your attention span, suppressing your body's natural sleep hormone, and can throw out your circadian rhythm which makes for a disruptive night's sleep."

GET SOME AEROBIC EXERCISE:

"Physical activity can help reduce stress and strengthen your body clock, making it easier for you to fall asleep and have a good night's rest," says Dr Glass.

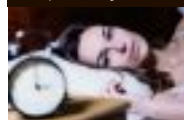
EAT MAGNESIUM AND CALCIUM-RICH FOODS:

"Magnesium and calcium may be linked to poor sleep," says behaviour change expert, Dr Aria (dr-aria.com). "Magnesium is involved in muscle relaxation, and low intakes have been shown to make it harder to stay asleep."

Good sources include green veggies, beans, nuts, seeds and wholegrains and you may also want to consider a supplement, such as **Healthspan Opti Magnesium (£11.99 for 90 tablets; healthspan.co.uk).**

"Calcium helps the brain use tryptophan to make melatonin, and low intakes of calcium have been shown to make it more difficult to fall asleep," says Dr Aria. "Sources include dairy foods, green vegetables and soy."

We all dread a sleepless night



CELEBRITY WELLBEING

Sue must have thought I'd been struck down by bone idleness... but she's been so supportive

Presenter Anna Richardson tells **GABRIELLE FAGAN** about her energy-sapping thyroid issue and the frustrating struggle to diagnose it

GLAMOROUS, candid and quick-witted, Anna Richardson – who's presented the likes of The Sex Education Show and controversial dating series, Naked Attraction – is the last person you'd expect to find at a loss for words.

But over the last 18 months, Anna, 48, has been struggling with 'brain fog', which can make it difficult for her to remember people's names and sometimes even words for everyday things.

She was also experiencing weight gain, irregular periods and chronic tiredness – which all seemed to point to the menopause. But when hormone replacement therapy (HRT) didn't bring any improvement, the TV host and documentary maker, who first found fame in the Nineties on Channel 4's The Big Breakfast, became increasingly anxious about her health.

Tests revealed Anna – who's been in a relationship with former Great British Bake Off presenter, Sue Perkins, since 2014 – actually has a thyroid problem, although further investigations are ongoing. Here, she talks about the diagnosis, how it has affected her life, and how much she values Sue's support...

What has the past year been like for you?

I'VE been struggling with what my gynaecologist and I thought were menopause symptoms. I have weight gain around my middle, irregular periods, aching joints, dry skin, and awful brain fog where I can forget the words for the most everyday things. That's a nightmare with my job.

But the worst part is feeling continually exhausted and just under the weather. I had glandular fever years ago and it's similar. Even after 12 hours sleep a night, I'm still tired. It's like being a teenager again, as all I'm capable of is sitting around in pyjamas, watching telly and going to bed!

Despite taking HRT during this time, there's been no improvement and in the last month I've had to cut back on work. I just haven't got enough energy – and forget having a social life. It's been really depressing and very worrying, because I couldn't seem to find out what was really wrong."

Do you now know what's causing the issues?

I'M at the beginning of a journey to find out what's wrong. Two months ago, blood tests showed my thyroid (the gland in the throat that produces the hormone thyroxine, which is essential for maintaining a normal metabolism) was under-active. I've been taking a low dose of thyroxine, which hasn't helped that much – so I went back to the gynaecologist.

I've been diagnosed with secondary hypothyroidism, which was initially thought to be caused by Hashimoto's disease (where the immune system attacks the thyroid gland, making it swell and become damaged).

That has similar symptoms to those I'm suffering and is apparently often mistaken for the menopause.



Anna Richardson with her partner, former Great British Bake Off host Sue Perkins

But recent further blood tests are indicating that the master gland in the brain, the pituitary, may be causing the problem, but it may not.

My levels of thyroid hormone are 12, which is borderline normal – they can be 12-20 – whereas in 2011, when I had a general medical check up, they were 19. That level shouldn't change much, so clearly something has had a massive impact on my thyroid gland.

I'm seeing an endocrinologist and waiting for scans and tests, and one of many possible scenarios is a pituitary tumour. They are quite common and apparently around 99% are benign, or there may also be chronic fatigue syndrome following my having glandular fever (Epstein-Barr virus). It's all up in the air until I get the results.

How has Sue dealt with it all?

OVER the last 18 months, Sue's got a bit frustrated with me at times and said, 'For goodness sake, it's midday, you should be up! You're sleeping way too much.' I think she thought I'd been struck down by extreme bone idleness!

“

I have weight gain... irregular periods, aching joints, dry skin, and awful brain fog... That's a nightmare with my job...

FIVE WAYS TO...

FEEL BETTER AFTER A BOOZY FESTIVE SEASON

THEY don't call it the festive season for nothing – and if you've spent most of it feeling a bit merry, you're not likely to be feeling your best in.

It's easy to blame that on a few weeks of living it up, but over-indulgence with alcohol can land you with more than a hangover.

Here, clinical hypnotherapist Fiona Lamb offers five ways to help start the new year as you mean to go on.

1 SORT OUT YOUR ROUTINE:

If every night you come home after work and reach for a glass of wine, change things up. Avoid the kitchen for an hour when you get back, and don't keep wine in the house.



Don't just reach for that wine when you get in from work

2 FIND OTHER WAYS TO HAVE FUN:

If you're a social drinker, now's a great opportunity to pick up some new hobbies that don't revolve around or involve drinking.

3 BUILD UP YOUR SELF-CONFIDENCE:

Many people drink to deal with social awkwardness or out of what they perceive as obligation. You need to learn to feel comfortable and relaxed around others.

4 PRIORITISE YOUR MENTAL HEALTH:

A lot of people lack the ability to manage the overwhelming feeling of having too much going on, resorting to drinking. Instead, try natural mood-lifters such as having a bath or going for a run.

5 DON'T OVERTHINK IT:

Being sober isn't a punishment, and you aren't missing out by not drinking. The more we feel deprived of something, the more we crave it. I teach clients to relax around alcohol as if it were any other drink.

If you're finding it difficult to change your habits by yourself, there could be an underlying addiction that needs addressing. If this is the case, see a professional to help you gain back control.

How important is your relationship to your happiness?

VERY. If you had ever asked me a few years ago, 'Did you ever think you would end up with a woman?', I'd have said no – but I find myself here and I'm very accepting and very, very happy and looking forward to the future.

As I smash headlong into 50, I think it would be great to have a permanent commitment, so I would like us to marry. I don't think it even crosses Sue's mind, but I'm a vicar's daughter and I'm quite traditional. I'm also thinking quite a lot about having a family and adoption.

What's the best piece of advice you've ever received?

FOR me, it's: 'Try to be absolutely comfortable with who you are.'

I've got to a stage in my late-40s, where I'm supremely confident with who I am, and I'm OK with being me. That's a great feeling.

■ Anna's six-part podcast series Health Fact vs Fiction busts myths around healthcare topics. Available on Apple Podcast and all other podcast platforms.

■ Based in Harley Street, Fiona Lamb specialises in helping her clients navigate anxiety, emotional eating, and addictions. See fionalamb.com

BREAKTIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Musicals

W	A	G	O	S	M	I	R	A	T	M	T	S	E	T
E	C	I	S	E	L	S	E	B	I	E	N	H	I	Y
S	T	H	T	A	R	A	E	L	M	M	G	I	C	M
I	S	C	Y	R	L	T	S	E	C	O	H	S	O	A
D	E	S	R	G	I	S	T	H	N	A	A	A	M	M
N	A	T	O	H	T	R	E	P	N	I	I	M	O	F
T	H	E	K	C	E	X	S	U	T	E	A	R	D	O
O	P	D	W	I	R	P	T	S	H	I	Z	A	C	Z
M	T	H	S	S	E	H	R	I	E	W	S	T	N	I
O	F	E	O	U	S	C	A	R	H	A	O	G	I	N
O	B	T	P	S	E	J	Y	P	O	L	K	N	H	T
U	L	E	E	R	A	I	R	S	M	A	S	I	E	R
V	E	S	N	A	H	N	A	T	A	S	R	E	F	A
A	C	A	U	S	T	C	C	U	A	Y	E	V	T	I
R	D	B	A	R	E	A	N	R	D	N	I	G	H	N

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

S	P	E	U	T	P	S
N	I	O	R	K	L	
Z	E	S	B	R	A	T
E	T	E	A	Z	N	
R	E	O	R	S	R	E

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

				4				3
3		5	6		8	4	7	
	6		3	1			5	2
4		6		9				
	7			5	3		6	
		8				3		9
9	4			3	2			6
	8	3		6	9	1		5
			1				9	

Hard

2				1				4
5				9				
				3	7	2		6
							4	1
			1	9		6	3	
4		9						
	4		2	5	8			
				3				5
7				1				2

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic

Across

- 1. Get down – from this perhaps! (4)
- 3. No danger signal (3,5)
- 8. Vessel for refuse (4)
- 9. Badly violated a joint (8)
- 11. It's bound to appeal to the less affluent (5,7)
- 13. Win, possibly earned (6)
- 14. One who minds is easily hurt (6)
- 17. Far better than other door-to-door salesmen? (7,5)
- 20. Net value in its final form (8)
- 21. Forget I'm about to reverse (4)
- 22. Each person in it has some very onerous duties (8)
- 23. Nothing to the German, though it's his border (4)

Down

- 1. A number expelled are downcast (8)
- 2. Make an effort to study with care (7)
- 4. They're known for insurance, in the main (6)
- 5. Keep arguing – like Mrs. Sprat did! (4,3,3)
- 6. Time to finish is what poets may need (5)
- 7. Depend on entirely? Not half! (4)
- 10. It seems a family man appears in a strange play (10)
- 12. Wrong director still has to be paid (8)
- 15. Imagined me in terror (7)
- 16. Filter the air (6)
- 18. About the first in that place (5)
- 19. Piece of ice destined to give way (4)

1		2			3	4		5		6		7
8					9							
					10							
11												
											12	
13							14			15		
						16						
	17	18										
19												
20										21		
22										23		

Scribble pad

Quick

Across

- 1. Aquatic bird (4)
- 3. Signal indicating safety (3,5)
- 8. Rubbish (4)
- 9. Fit neatly (8)
- 11. Inexpensive copy (5,7)
- 13. Make beloved (6)
- 14. Sore (6)
- 17. Superior (7,5)
- 20. Ultimate (8)
- 21. Leave out (4)
- 22. Each person (8)
- 23. European river (4)

Down

- 1. Disheartened (8)
- 2. Vie (7)
- 4. London underwriters (6)
- 5. Chat (4,3,3)
- 6. Muse of love poetry (5)
- 7. Depend (4)
- 10. Evidently (10)
- 12. Person to whom money is owed (8)
- 15. Imagined (7)
- 16. Tension (6)
- 18. In that place (5)
- 19. Yield (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

20			6		20	3	9	24	1	9	3	20
12	22	13	13				9		1		26	26
	19		3	13	11	20	19	26		8	26	15
14	11	26	16					19		8		9
			22		21	9	26	18	22	9	26	3
8	13	3	10	5			22		10		3	26
13		15			3	21	18			8		19
3		15		10		3		9	26	8	13	22
17	3	9	10	19	26	17	10					
24		26		26				23	11	8		8
3	25	22		17	3	15	1	16	3			11
21		4		22			11		13	3	2	7
5	19	22	3	16	26	19	15		22		2	

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
14	15	16	17	18	19	20	21	22	23	24	25	26													

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

A	R	I
T	N	N
T	E	I

How you rate:

15 words - average; 25 words - good; 35 words - very good; 40 or more - excellent

Quiz

- 1. What is the title of the recent comeback single from former Girls Aloud singer Cheryl?
- 2. What name is given to suffocation due to fluid in the air passages?
- 3. What was the name of Don Quixote's squire in the novel by Cervantes?
- 4. Which Paris fortress was stormed on July 14 1789 at the beginning of the French Revolution?
- 5. Foil, épée and sabre are disciplines in which sport?



Q1 - Cheryl

- 6. Which British novelist and dramatist wrote Joseph Andrews and Tom Jones?
- 7. What name is given to a stone fruit such as a cherry, plum or almond?
- 8. Which 11th century embroidered linen strip depicts the Norman conquest of England?
- 9. Who succeeded Duncan I as King of Scotland in 1040?
- 10. What is the capital of Turkey?

LAST WEEK'S SOLUTIONS

Pathfinder

The Shining, One Hour Photo, The Birds, A Perfect Murder, Prisoners, Black Swan, The Ring, Memento, Saw, Panic Room, Hard Candy, Silence of the Lambs, American Psycho, The Machinist, Taxi Driver, Gothika, The Game, Blue Velvet, Hannibal, Primal Fear, Vertigo, Phone Booth, White Noise, Psycho.

Quiz

1 Air Force One; 2 Basketball; 3 Desmond Morris; 4 Alaska; 5 The Republic of Ireland; 6 The Darling Buds of May; 7 Antelopes; 8 Battle; 9 Chad; 10 Andes.

Sudoku

8	3	5	7	9	6	2	1	4																	
9	7	6	2	4	1	8	3	5																	
4	1	2	3	5	8	6	7	9																	
7	5	8	4	3	9	1	2	6																	
3	2	4	6	1	5	9	8	7																	
1	6	9	8	7	2	4	5	3																	
5	4	1	9	8	3	7	6	2																	
6	9	3	1	2	7	5	4	8																	
2	8	7	5	6	4	3	9	1																	

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13	
C	T	W	I	D	M	H	S	K	E	X	O	F	
14	15	16	17	18	19	20	21	22	23	24	25	26	
R	I	N	A	I	L	P	V	G	R	Z	I	Y	O

Split Decision

T	H	U	M	B
W		N		E
I	N	D	I	A
G		E		N
S	O	R	T	S

SHOP HOME

Hue Pendant Shade,
£29, made
.com



Coral tray,
£2.99,
T.K Maxx



Left:
Chevron textured
glass vase,
£22.95,
Audenza.
com



Right:
Wedgwood
Paeonia
mug, £30,
Amara



Above, from top:
Embroidered
geometric cushion,
£30, Cultfurniture.
com and
Elizabeth Scarlett,
Palmer cushion,
£50, Amara



Colourcourage,
salt red matt
emulsion, 2.5l,
£20, B&Q



Above:
Pink Paradise
framed
print, £57,
redcandy.
co.uk

Below:
Stockholm
Nibble Bowl,
£2.75,
Sainsbury's
Home



The OK coral

It's a bold choice, but the Pantone colour of the year for 2019 is Living Coral. **DAN BEAVAN** picks out some purchases that will work in any home



Entity
coral roller
blind, from
£11.32,
247blinds.
co.uk



Lagoon
wallcovering,
£16.99,
arthouse.com



Above: Anderson upholstered three-seater sofa in checkerboard weave with walnut legs, £1,149, cultfurniture.com
*All prices correct at time of going to press



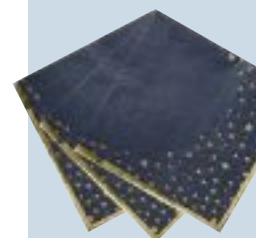
...FOR MAKING COCKTAILS



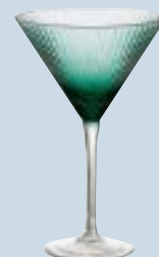
STIR CRAZY
Jigger &
spoon, £25
Oliver Bonas



CHIC SHAKER
Cocktail shaker,
£24.99
John Lewis



MOP THEM UP
Star napkins,
£3.76 for 16
Talkingtables.com



GOOD MIXER
Cocktail Martini
glass, £3.99
Homesense

YOUR HOME

Simple steps to spare room success

Has having guests over the holidays highlighted the fact you need a decent spare room? Follow **GABRIELLE FAGAN'S** guide to gorgeous guest rooms...

The guest bedroom – or ‘spare’ – isn’t necessarily the most well-kept room of the house.

If you’re lucky enough to have one, it’s probably either a dumping ground or used as extra storage space most of the year – meaning a mad dash to clear the clutter when visitors are booked in.

You can transform a neglected spare room into a space that’s inviting and stylish. Give it a little TLC, splurge on new bedding and perhaps a few fun – or luxury – little extras here and there, and you’ll have it looking (almost) as fabulous as a boutique hotel room, but with homely touches too.

Follow these five simple steps to styling the spare...



Marks & Spencer has a lovely collection of bedding, including a brushed cotton Tree Print bedding set, £39.50 - £69; and chunky Pom Pom Cushion, £29.50

STEP 1: SLEEP LIKE A LOG

“Many people have no idea how comfortable their spare bed is, so I always suggest you ‘road test’ it to discover any lumps or bumps or comfort issues,” says Helen Johnson, from The Fine Bedding Company (finebedding.co.uk), which sells a washable Spundown range, including pillows and duvets, with items from £20.

“A new mattress enhancer or topper may be all that’s needed, which is cheaper than replacing a mattress but can mimic a new bed feel. Next, check care labels on filled duvets and pillows to see if they can be machine-washed at home. Feather and down duvets and those without guidance labels need to be professionally cleaned. Finally, give pillows and duvets a good shake before dressing the bed,” she adds, “to even out the filling and return their plumpness.”



Gold Fitzgerald bedside table £149; Pippa brown circular footstool £199; Elsie silver jacquard duvet cover & pillowcase set, from £26-£42; faux fur throw from £30 each; 5a Fifth Avenue skara marble sphere champagne table lamp £69; glitter laurel wreath £14, all Dunelm

STEP 2: INTRODUCE HOTEL CHIC

It’s the little things in life that count, and kitting out a room with a few practical items – like a mirror, a side table, or an extra chair – can make all the difference. Guests will feel comfortable and cared for, almost like being at a hotel.

“A pile of clean towels (preferably that have been given 10 minutes in the tumble dryer on the day guests arrive, so they’re fluffed up and fresh) tied up with ribbon will help create an inviting atmosphere,” advises Helen.

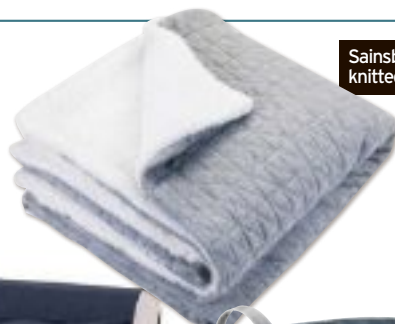
“Fill a ‘just in case’ basket with essentials, like mini-toiletries, a toothbrush, hairbrush, shower cap – things that are all too easy to forget in the rush of packing presents and clothes. Provide a spare mobile phone charger and your home Wi-Fi code written on a postcard as well.”



Sainsbury's Home mint storage mirror £15



Haru small sofa bed £279, Made.com



Sainsbury's Home grey knitted Sherpa throw £35



Sainsbury's Home grey side table £22



Sainsbury's Home Urban Escape felt storage basket £18

STEP 3: WOW WITH WALLPAPER

"Adding a feature wall is an affordable and easy update that will certainly deliver a boutique feel," says Alex Whitecroft from iwantwallpaper.co.uk.

"Wallpapering just one wall is often easier and quicker than people think – it can definitely be done in a day, and there's no need to worry about patterns not lining up at corners. Less paper also means less money."

"Guest rooms need to make people feel welcome and appeal to varied tastes, so choosing wallpapers that won't overpower an overall design scheme is good advice."

Metallics are an opulent choice, he notes, while a neutral colour scheme is unisex, and pale tones open up a space visually and will allow any additional festive touches, from cushions to decorations, to star.

Winter Wonderland wall mural, from £27 a square metre, Wallsauce

**STEP 4: TURN UP THE HEAT**

"Under-bed storage allows for lots of extra space in a bedroom, and a storage pouffe is another solution. Make sure they contain spare blankets or extra throws, as people can feel colder in other people's homes, and don't forget spare pillows," says Sue Brodie, head of creative design at holiday homes specialists Willerby (willerby.com), who also advises checking that the room's windows can open and testing radiators to ensure they work.

"All rooms, no matter what size, should have a focal point, as this anchors the space – normally the bed in a spare room," she adds. "Use colour or pattern behind the bed, so that it's not distracting or sleep disturbing, and minimise the clutter for a serene and balanced space."



Undulating weave taupe throw £75, The French Bedroom Company



Logs wallpaper by Karlie Klum £79 a roll, Lime Lace



Milana-Gold wallpaper £109 a roll, Olenka Design

The Seletti gold mouse lamps £73 each, Smithers of Stamford

**STEP 5: SPOIL THE SPARE**

"If a room isn't regularly used make sure it's well aired and add a room fragrance candle or diffuser," advises Helen.

"A new lamp, cushion or rug can be all that's needed to give a room a lift and provide a touch of luxury. It's all about making people feel they have a sanctuary where they can retreat and relax as well as sleep."



Spruce wallpaper, by Karlie Klum £28 a roll, Lime Lace



Books wallpaper by Karlie Klum £79 a roll, Lime Lace



Baylis & Harding sweet mandarin & grapefruit currently £12, Amazon

Kolton table lamp gold ceramic with shade £132, Dar Lighting



WE DON'T JUST HELP YOU FIND A NEW HOUSE.

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TEST DRIVE

Suzuki Vitara 1.0 SZ4



AT A GLANCE

- Model: Suzuki Vitara 1.0 SZ4
- Price: £16,999
- Engine: 1.0-litre 108bhp turbocharged petrol
- Transmission: Five-speed manual gearbox
- Performance: 0 to 62mph 11.5 seconds, top speed 112mph
- Fuel consumption: 58.8mpg combined
- CO2: 121g/km
- Insurance Group: TBA
- Warranty: Three years/60,000 miles
- On sale: Now

MUCH MORE THAN JUST A PRETTY FACE

BY **DAVID WARD**

SUZUKI may be one of the smallest players in the car world but they consistently produce some remarkably smart looking, practical, comfortable and affordable family cars that easily beats those from more illustrious and bigger rivals.

The prime example is the compact Vitara SUV which more than holds its own against similar sized two and four-wheel-drive cars from other makers and for next year with several subtle styling and engineering revisions plus higher on-board technology as standard looks set to win new customers.

Some observers may say it's a mere facelift but in reality it's far more than that because this latest five-seater Vitara is better equipped with a much nicer interior and it both drives and rides better too.

Suzuki bosses have dropped the

previous 1.6-litre petrol engine replacing it with their 1.0-litre and 1.4-litre turbocharged petrol engines already available in other models and also dropped is a diesel engine.

There are three trim levels – SZ4, SZ-T and SZ5 – and right across the board they all have more standard equipment than previously with even the entry-level 1.0-litre 109bhp now having alloy wheels, cruise control with speed limiter, auto air conditioning, all round electric windows, USB and Bluetooth connectivity plus seven airbags.

With a remarkably good price tag of £16,999 this cheapest Vitara is a cracking good car offering excellent value for money and ideal for the budget-conscious family motorists.

Naturally moving up to the SZ-T and buyers in addition get 17-inch alloy wheels, rear privacy glass, smart seat trim, Smartphone link audio and sat nav with prices starting at £18,999 for the front-wheel

drive version and £20,799 for the four-wheel-drive model, called the ALLGRIP, powered by the same gutsy one-litre turbocharged engine.

The top level SZ5 with even more standard kit on board comes in at £22,499 and only has the 1.4-litre Boosterjet engine available either with a six-speed manual gearbox or automatic gearbox with the cheapest ALLGRIP model starting at £24,299.

For me that entry-level one-litre would be the engine to go for because its responsive enough and sits on an agile chassis with excellent steering and certainly better ride this time around thanks to the improved suspension.

The five-speed manual gearbox has light but precise gear changes – same too for the six-speed manual gearbox fitted to the dearer versions – and it has a decent enough turn of speed when needed while drivers should easily achieve the mid-fifties

when it comes to fuel consumption.

Naturally the models with the 1.4-litre 138bhp delivers more power with a 0 to 62mph acceleration time of 9.5 seconds and with sensible use of the six-speed manual gearbox make for easier mid range speeds for comfortable overtaking.

Buyers opting for the four-wheel-drive models will be more aware of needing better grip, particularly for those living in the countryside and coping with wintry weather and off-road motoring, but for most drivers the two-wheel-drive versions will prove more than adequate on normal roads.

There was much consumer criticism over the lack of quality of the interior trimmings and fitments in the previous models and full credit to the Suzuki backroom teams there is a major improvement in that area with much better soft-touch plastics.

The interior, even in the entry-level model, is much nicer but still

feeling durable while the changes to the dashboard and overall layout of the cabin is now less utilitarian as it was before and there's more comfort too for both driver and passenger.

Still made at the Magyar Suzuki factory in Hungary this latest Vitara also offers a comfortable ride, if even still on the firm side, and it feels a pleasant and quite unassuming small SUV, or crossover as some motoring experts describe.

It's practical too being capable of carrying five adults with decent leg and elbow room while inside as with any Suzuki nowadays there are loads of handy storage cubbyholes while the rear seat has a 60/40 split and boot space at 375 litres is par for the course for a car of this size.

This latest Vitara is also environmentally cleaner with improved CO2 emissions that clock in at 121g/km for the one-litre and either 133 or 143g/km for the 1.4-litre, depending whether its two or four-wheel-drive.



TEST DRIVE

Subaru XV SE Premium Lineartronic

STYLISH AND INNOVATIVE XV

BY JON SMITH

AT a glance the latest Subaru XV looks much like a host of other crossovers – tall, quite trendy with a bit of body armour around the edges and chunky enough to proclaim that it can venture at least a little way into the undergrowth.

In reality the current version of the 2012 design is a fully fledged off-roader with proper full-time four-wheel-drive, hill-descent and all the credentials to kick mud in the face of all those faux soft-roaders that adorn the supermarket car park.

Built on Subaru's new global platform, it is 70% stiffer than the old model which benefits noise and vibration suppression as well as improving handling.

With a tiny share of the SUV market in UK, the Japanese firm has remained faithful to the flat four 'boxer' engine and the latest offering comes here with just the single option of a 2.0-litre petrol which puts out 154bhp coupled to an automatic CVT gearbox.

While the engine is quieter than



most diesels, it lacks the sort of torque you associate with SUVs and the continuously variable transmission tends to drain the power despite it being 'stepped' into seven ratios. 62mph comes up in around 10 seconds which puts it towards the back of the pack.

Fortunately the system does not rev

excessively or 'hunt' in the way some CVT gearboxes are prone to.

Inevitably, the 2.0-litre petrol unit is thirstier than a similarly sized diesel. My average was 34mpg, while the official combined figure is 40.9mpg.

With accurate and nicely weighted steering, the XV is composed and

settled over rutted roads and poor surfaces and can be confidently hustled around bends without much commotion or body roll. There's plenty of grip and no shortage of agility.

The cabin is smarter and more stylish now with dark leather upholstery and contrasting orange

stitching and dashes of carbonfibre effect here and there.

There's an overall impression of toughness and longevity about the switchgear which is appropriate to the brand.

The interior is well finished with some nice touches such as the perforated steel pedals, wide door pockets and leather trimmed steering wheel. I particularly liked the small on-board computer read-out on a small screen above the large touchscreen.

An eight inch touchscreen incorporating sat nav is standard in the Premium version tested as are heated front seats, DAB radio, Apple CarPlay and Android Auto.

Also included in the spec is Subaru's EyeSight safety system which detects pedestrians or moving objects in front and is said to have been responsible for a 40% cut in collisions of Subarus in Japan.

Individually styled and innovative in its design, the XV will be fully appreciated by those whose lifestyle demands a true four-wheel drive rather than motorists who choose a crossover more for reasons of fashion.

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TEST DRIVE

Nissan Qashqai

NEW PETROL POWER

BY **EDWARD STEPHENS**

EUROPE'S best selling crossover the Nissan Qashqai has just become even more appealing – thanks to a prestigious tie up with Daimler.

The move sees the Qashqai's popular 1.2-litre and 1.6-litre engines both replaced by highly efficient 1.3-litre units – the same engines that Mercedes-Benz uses in its new A-Class models.

The new engines, developed in collaboration with Daimler, are smaller, lighter, cleaner and best of all deliver better performance and more economy, making the Qashqai more enjoyable to drive and cheaper to run.

Customers will have a choice of two power outputs, a 140ps unit and a 160ps unit with the more powerful of the two carrying a £1,100 premium. While the lower powered engine is only available with a six-speed manual gearbox the more powerful one is available as a manual or – for the first time on a volume Nissan model – with a seven-speed,

dual clutch automatic gearbox.

Prices for the 140ps line-up range start from £19,995 for the entry level Visia spec rising to £28,095 for top-of-the-range Tekna Plus. Prices for the 160ps model start from £23,995.

Last year the Qashqai underwent a number of changes improving its styling, handling and comfort so the engine changes now complete the package on petrol powered versions of the British-built car although next year the current 1.6-litre diesel will be replaced by a 1.7-litre version.

Along with the engine changes comes the fitting of a new upgraded 7-inch touch screen, giving access to both Apple Carplay and Android Auto.

Sampling both the new 140 and 160ps engines it soon became obvious why Nissan is so pleased with the results of its co-operation with Daimler.

First up was the less powerful of the two engines in a car in N-Connecta spec, expected to be the best seller of the range at £24,575

The first thing that struck me was just how torquey the new engine was



with an abundance of pulling power almost reminiscent of a diesel model.

It might only be a 1.3-litre engine but if you wind up the revs on this model it really does deliver, punching well above its weight.

With a six-speed manual gearbox there is plenty of flexibility with the new engine which promises some 53.3 miles per gallon – up 3mpg over the outgoing 1.2-litre model.

Emissions are rated from 121g/km.

On the road it's quiet even under heavy acceleration and like all Qashqai models it offers a nicely compliant ride while still having the quality of road holding which allows you to enjoy your driving.

And running costs will be lower as the service intervals now jump from every 12,000 miles to every 18,000 miles.

The same service intervals also apply to the 160ps model which oddly enough also boasts the same average fuel consumption of 53.3mpg, a big improvement on the outgoing 1.6-litre model's 48.7mpg.

A brief drive in this model showed just how refined and smooth the new seven-speed dual clutch transmission is.

This seamless box gives the car a far more responsive feel compared to the outgoing CVT automatic box while at the same time keeping noise levels to a minimum.

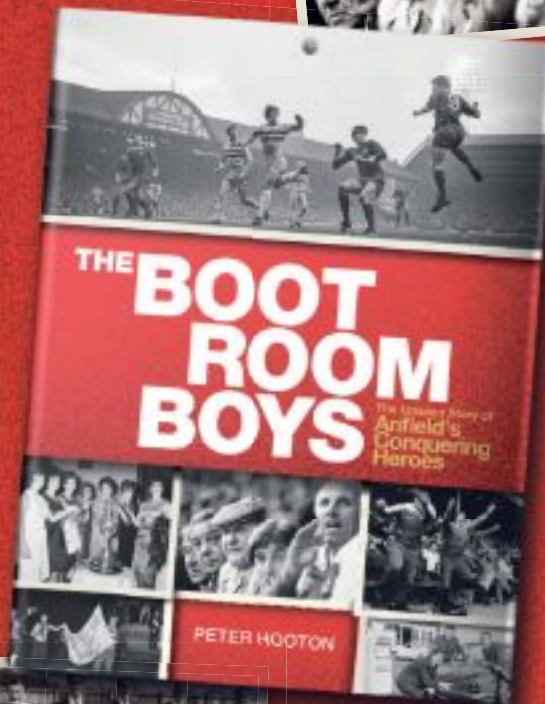
And when you need more power it responds instantly to a kick down on the accelerator.

More than one million of the new 1.3-litre engines will be built over the next year and will be fitted to more than 50 per cent of all Qashqais sold.

The Qashqai is the most successful model in Europe in Nissan's 83-year history, with more than 2.3 million sold since it was launched in 2007.

With continued refinements and engine improvements the Japanese car maker is determined that this model will continue to set even more records.

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(64) Fiat Punto 1.2 Easy 3dr, in white, one owner, parking sensors, alloys, AC and much more	£4999 or £20pw
(11) Hyundai i30 1.4 Comfort 5dr (ISG), in black, 1 previous owner, FSH, sat nav, panoramic roof	£4999 or £20pw
(09) Ford Fiesta 1.25 Zetec 5dr, in silver, full service history, bluetooth, air con and more	£4999 or £20pw
(11) Skoda Fabia 1.2 TSI Monte Carlo 5dr, in red, 1 previous owner, fsh, heated front seats, tinted glass	£5499 or £22pw
(59) Volkswagen Polo 1.4 SE 5dr, in red, 1 previous owner, full service history, low mileage, tinted glass	£5699 or £24pw
(62) Vauxhall Zafira 1.6 i VVT 16v Design 5dr, in bronze, 7 seater MPV, 1 previous owner, tinted glass	£5999 or £25pw
(63) Nissan Note 1.2 DIG-S Acenta Premium 5dr, in black, 1 previous owner, full Nissan history, sat nav, bluetooth	£5999 or £25pw
(14) SEAT Ibiza 1.4 16v Toca Sport Coupe 3dr, in white, 1 previous owner, full service history, sat nav, bluetooth	£5999 or £25pw
(15) Nissan Micra 1.2 Acenta 5dr, in white, 1 previous owner, full service history, parking sensors, alloys	£5999 or £25pw
(08) Toyota Prius 1.5 T Spirit CVT 5dr, in blue, great condition, great mileage, full service history, high spec	£5999 or £25pw
(15) Volkswagen UP! 1.0 Move up! 5dr, in red, full Volkswagen history, 1 owner, great first car	£5999 or £25pw
(14) Nissan Micra 1.2 Acenta 5dr, in silver, sat nav, bluetooth, climate, alloys and more	£5999 or £25pw
(64) SEAT Ibiza 1.2 TSI FR Sport Coupe 3dr, in black, 1 previous owner, sat nav, bluetooth FR body kit	£6299 or £25pw
(13) Fiat 500C 1.2 Lounge 2dr, in red, 1 owner, full flat service history, bluetooth, half leather	£6299 or £25pw
(13) MINI Hatch 1.6 Cooper (Sport Chili) 3dr, in blue, one owner, bluetooth connectivity, DAB radio	£6699 or £26pw
(10) Honda FR-V 1.8 i-VTEC EX 5dr, in silver, one owner, full service history, Bluetooth, Leather Upholstery, Parking Sensors	£6699 or £26pw

CARS PER WEEK

(14) Ford Fiesta 1.0 Zetec (s/s) 5dr, in white, locally owned, great condition, alloys and more	£6699 or £26pw
(66) Toyota Aygo 1.0 VVT-i x-play 5dr, in red, full Toyota service history, low mileage, £0 a year road tax	£6999 or £29pw
(65) Fiat 500 1.2 Lounge (s/s) 3dr, in mint green, one owner, full flat service history, parking sensors, pan roof	£6999 or £29pw
(62) Renault Scenic 1.6 VVT Dynamique Tom Tom 5dr, in silver, 1 previous owner, Sat nav, parking sensors, bluetooth	£6999 or £29pw
(64) Toyota Yaris 1.33 VVT-i Icon 5dr, in black, great condition, very low mileage, £30 a year road tax	£6999 or £29pw
(62) Honda Civic 2.2 i-DTEC ES 5dr, in black, climate control, alloys, full service history and much more	£6999 or £29pw
(63) Ford B-Max 1.4 Zetec 5dr, in silver, full service history, parking sensors, electric folding wing mirrors, DAB	£6999 or £29pw
(62) Nissan Juke 1.6 16v Visia 5dr, in black, 1 previous owner, full service history, immaculate inside and out	£6999 or £29pw
(15) Smart Fortwo 1.0 Prime (s/s) 2dr, in silver, low mileage, sat nav, pan roof, heated leather seats	£7499 or £34pw
(63) Volkswagen Polo 1.4 Match Edition 5dr, in black, low miles, full service history, bluetooth connectivity and more	£7499 or £34pw
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(10) Honda Accord 2.0 i-VTEC ES GT 4dr, in silver, 1 previous owner, full Honda service history, climate control, half leather	£7999 or £40pw
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(15) Renault Clio 0.9 Tce Dynamique S Nav 5dr, in red, one owner, full service history, Sat nav, parking sensors	£7999 or £40pw
(62) Volkswagen Golf 1.6 TDI Match, in silver, full service history, 1 owner, parking sensors, alloys	£7999 or £40pw

CARS PER WEEK

(66) Peugeot 208 1.2 PureTech Active, in black, one owner, low mileage, full service history, parking sensors and more	£7999 or £40pw
(13) Ford S-Max 1.6 TDCi Zetec 5dr, in silver, 1 owner, full service history, parking sensors and more	£7999 or £40pw
(15) Volkswagen Polo 1.4 TDI BlueMotion Tech SE, in blue, one owner, full VW service history, touch screen, bluetooth	£7999 or £40pw
(63) Ford Focus 1.0 SCTi EcoBoost Titanium Navigator, in red, full service history, sat nav, cruise, parking sensors	£7999 or £40pw
(62) Toyota Auris 1.6 V-Matic Icon M Drive Auto, in red, full Toyota service history, sat nav, bluetooth and more	£8299 or £41pw
(14) Vauxhall Mokka 1.7 CDTi ecoFLEX SE, in grey, one previous owner, full service history, parking sensors, leather trim	£8499 or £41pw
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(15) Volkswagen Polo 1.0 TSI BlueMotion Tech SE, in white, 1 previous owner, full service history, great spec and more	£8499 or £41pw
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(10) Nissan Qashqai 1.6 TEKNA, in black, full dealer service history, sat nav, pan roof, leather, top spec	£8699 or £42pw
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(64) Citroen C4 Picasso Exclusiv 5DR MPV, in grey, Nav, Bluetooth, Rear camera, panoramic dah and more	£9999 or £50pw

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(65) Vauxhall Zafira Tourer 1.4 SRI 7 Seater AUTO, in silver, one owner, FSH, Parking sensors, cruise control, 18" alloys	£10999 or POA
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(65) Renault Kadjar Signature Nav, One Owner, Full service history, Pan roof, Nav, Leather, Upgraded alloys, leather	£13999 or POA
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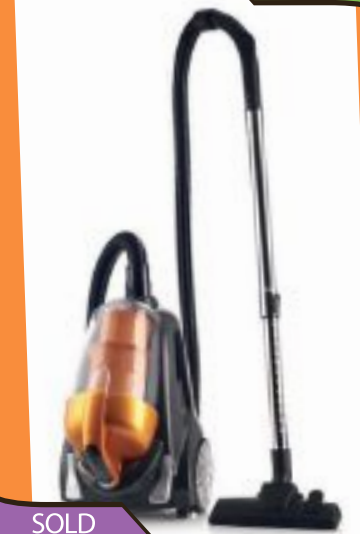
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FRIDAY 18 JANUARY

DOORS OPEN: 17:30

PRESENTATIONS: 18:00

INFORMAL DISCUSSIONS: UNTIL 20:00

Come along to our informal careers event with an up to date CV.

PHOTO ID WILL BE REQUIRED FOR ENTRY ON THE DAY.


Children under the age of 16 will not be permitted.




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THE BROXBORNE SCHOOL, HIGH RD, BROXBORNE, Hertfordshire

RECEPTIONIST - Required February

Salary range: £15,396-£16,219

Monday-Friday-8.00am-4.00pm (3.30pm on Friday)

37hpw (term time only) 30 minute lunch

Required to work additional INSET days during the year

Flexible hours or days to be considered.

We wish to appoint a friendly and confident individual to represent the school in a professional manner as the initial point of contact for parents/carers, students/visitors.

SENIOR SCIENCE TECHNICIAN - Required February/March

16hpw-term time plus one week (INSET days)

Days/hours TBA

Salary range: £8,304-£9,104

You will lead a team of four Science Technicians supporting eleven scientists. You will co-ordinate the organisation, maintenance/ordering of equipment/resources, have good knowledge of Health and Safety regulations and be experienced in the preparation of chemicals and other equipment for use in science lessons up to A-level.

SCIENCE TECHNICIAN REQUIRED February/March

16hpw-term time plus one week (INSET days)

Days/hours TBA

Salary range: £7,192-£7,614

You will support eleven specialist scientists. You will work in a team of four technicians to support teaching/learning by the management of the laboratory and the setting up of equipment and resources for daily teaching/examination practicals.

Application packs available at our website (www.broxbourne.herts.sch.uk). Submit applications by email:recruitment@broxbourne.herts.sch.uk

The school is committed to safeguarding and promoting the welfare of children and young people and expects anyone applying to work in our school to share this commitment. All appointments are subject to pre-employment checks, including a satisfactory enhanced criminal records with Barred List check through the Disclosure and Barring Service.



PASTORAL MANAGER KEY STAGE 3

Applications are invited for a Pastoral Manager who assist our Year Leaders in their role of maximising student achievement.

Salary: Band 3 Pt 17 - 21, £16,371.63
per annum (actual gross salary)

Hours: 37 per week term time only +
1 week (training days)

Monday to Thursday 08:30 to 16:30
Friday 08:30 to 16:00

We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

For an application form and further information please go to our web site
www.aesessex.co.uk.

Email applications to:
recruitment@aesessex.co.uk

Closing Date: 11th January 2019

SAHA
Transforming Lives

121 Administrator - 6 month contract

Location: Chertsey, Surrey

Hours: 35/37.5, FT

Salary: £15,577-£20,450pa

Closing Date: 04/01/2019

Interview: N/A 14/01/2019

You will ensure the provision of a full and effective administrative service to the Independent Quality Inspectorate, and to provide excellent customer care.

Skills:

- Plan/organise your own work load.
- Excellent written/verbal communication skills
- IT literate
- Ability to work outside normal working hours.

A Disclosure and Barring Service Enhanced Certificate will be required for this role.

The Salvation Army Housing Association (SAHA) is an equal opportunities employer. We are committed to equality and diversity and welcome applications from all sections of the community.

You may have experience of the following: Office Administration, Administration, Administrative Assistant, Admin Assistant, Project Management, Team Support, Team Administration, Customer Service, IT Administration, Independent Quality Inspectorate, etc.

To apply visit
www.saha.org.uk/about/work-for-us

Herts & Essex Multi-Academy Trust

CARETAKER

Salary: £16,991 - £20,416 pa + extra for lettings

Hours: 37 over early/late shift pattern + "lettings" hours during evenings/weekends

Benefits: membership of LGPS + 24 days' holiday

Required immediately, a caretaker to assist in caretaking and maintenance services of schools within our Trust. We are looking for someone who is active, reliable and takes pride in providing a pleasant environment for all.

Details and application form are available from the school's website. Please send a completed application by 14 January 2019 via

admin@hertsandessex.herts.sch.uk

The school is committed to safeguarding and promoting the welfare of children and young people and expects all members of staff to share this commitment. A check by the DBS, alongside other employment checks, is required.



New Hall School

Catholic independent HMC boarding & day school (3-18) for 1,250 students
Co-ed Pre-Prep Division (3-7) & Preparatory Division (8-11)
Girls' Division (11-16) • Boys' Division (11-16) • Co-ed Sixth Form (16-18)
The Avenue, Boreham, Chelmsford, CM3 3HS

New Hall School requires, as soon as possible

Middy Assistant

(11.45am to 1.15pm, Tuesday, Thursday and
Friday during term time only)

Applications are invited from candidates to join our team of Middy Assistants working within the Preparatory Divisions. The hourly rate for this post is £8.17 per hour (fte £16,985pa, at September 2018 rates).

Closing Date: Middy, Tuesday 15 January 2019

Interview Date: Monday 21 January 2019

Excellent benefits • free parking • superb working environment

New Hall is committed to safeguarding pupils.

There will be an enhanced

DBS check prior to appointment.

For further details & an application form please visit:

www.newhallschool.co.uk/job-opportunities

Alternatively, please contact the HR Department on 01245 467588

New Hall School Trust: Registered Office at New Hall School
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Production Operators-Chelmsford

You will be a team player and quality focussed to ensure we maintain our reputation and integrity in the market place.

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£10.00ph, £10.90ph after training

Responsibilities:

- Operating equipment (machinery and fork lift trucks) to safe operating practices to maximise output and efficiency (OEE).
- Carry out quality control checks, data recording/ performance reporting
- Maintain a tidy work area and observe 5S principles of housekeeping/work place organisation

The person:

- Focus on SHE (Safety, Health and Environment) issues.
- Computer literate.

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Kay-Metzeler, a division of Vita Cellular Foams,
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Advert comprising of no more than 20 words.
£1.50 All advertisements are subject to approval.

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► **Book Online**
bookanad.com **24/7**
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Call Bob on
07725040930

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all first class condition

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Leather settee Chocolate Brown 2 seater ex "Fishpools" "settee Leather ideal for extra seating in small room
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Louis Vuitton LV print SPEEDY 25 Preloved, pics avail by email. Absolutely lovely in coated LV monogram canvas with LEATHER trim, handles. BARGAIN £99 01277363696 or 07748934743

Lounge furniture Black glass 2 tier tv table and black cd/dvd tower. Also 2 Moroccan style metal/beaded lights. Sell altogether or separate £20 each or £40 the lot! £40.00 or 07857639930

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GUCCI Leather loafers
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DADS-ARMY-THE-COMPLETE-COLLECTION 14 x dvds, series 1 to 9, complete collection plus loads of extras £20 07396513814

furniture top half welsh dresser/dark oak glass doors h36, w49 45 inches good condition. £25.00 ono 01277363696 or 07748934743

JOHN-CLEESE-COMEDY-CLASSIC Fawcett towers Complete collection all 12 episodes plus loads of extras £10 07396513814

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WANTED

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Best prices paid for your old photographic equipment.

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Tel: 07929 340709

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Any condition and anything pre 1980 will be considered. Town bikes, Tandems, Shoppers. Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980. ## no mountain bikes please ## Local man will collect and pay cash.

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Singer Treadle Sewing Machine chance to own a unique piece of history. Black frame with iconic Singer logo badge you will not be disappointed with this bit of furniture. Collection from Great Baddow, Chelmsford. £60.00 ono 07754 972942 or 01245476144

Edwardian Walnut Antique Chairs (4) 2 Carvers and 2 normal chairs which are in vgc. Pick up only. Chelmsford. £95.00 ono 07790 702718

COAL or COKE DRUM Brass effect circular drum. D x H = 12 x 17 inches. Contains a Galv, inner. Circular lid. BRENTWOOD. £15 01277 223377

Copper Kettles Copper Antique Kettles, 3 different types, good condition. £20 each kettle. £20 01245360801 or 07774813506

HONEYCOMB DISH & COVER Ironside Earthenware. 8 inch high, 10 inch Diameter. Wicker Bee-skep & floral design. BRENTWOOD £60 01277 223377

Antiques

LLADRO 1980 original of girl sitting on a stool in traditional Spanish dress holding a bouquet of flowers, vgc £60 ovno 01277 652018

Blinds/Curtains

Damask Quality Lounge Curtains 2 pairs Quality, Turquoise, Silky, Lined, Lounge Curtains & Ties. Drop 82", to fit 2 polished wooden poles and rings length 7ft & 8ft over 7500 new £79 ono 01245 381020 or 07932 057205

JOHN LEWIS CURTAINS 2 pairs matching Sanderson Dandelion Clock pattern each curtain 66" wide x 84" long, fully lined with eyelet headings, hardly used. Ideal doors. Will separate 45 pounds per pair or both pairs £80 01277 652018

CURTAINS beautiful grey curtains with large pale pink motif, triple pleat heading, size 120 inches wide x 55 inches long. Professionally made and fully lined. As new £35 ovno 01277 652018 or 07851 254833

CURTAINS 88" wide x 72" long lined. Cream with art deco style pattern, large plum and coffee coloured tulip print, very attractive, eyelet heading, as new. £30 01277 652018

ROMAN BLIND with matching solid pelmet. Pale blue with boating scene. 53" wide (135cms) x 47" drop (120 cms). Professionally made and fully lined, vgc. £25 01277 652018

Sheridan Curtains Brand new unopened pencil pleat 180cm width 137cm drop with tie backs. Firecotton, lined, washable. Originally 7119 £35 01277 824103

NEXT CURTAINS each curtain 90" wide x 90" drop cream/red stripe, fully lined, eyelet headings. Very good condition. £35 01277 652018

ORIGINAL VICTORIAN Antique Chair Pole, 8in x 20cm, diameter, with finials and rings. £25 01277 652018

Clothing

LADIES winter coat size 12, long length medium brown with thick faux fur lining in darker brown. Purchased from Selfridges a few years back but hardly worn. Cost over 400 pounds accept £30 01277 652018

ITALIAN PINK WOOL SUIT by Mario Barutti, dark blue, double breasted 44" chest, trousers 38" waist/33" length only worn once, excellent condition £95 ono 01277 652018

women's coat full length leather gothic style, 3 buckles front and back, buckle at neck, front zip, size 16, very good condition, buyer collects. £30.00 01245 603678

LADIES SKIRT Midnight blue, silky appearance, by Next, size 10, very smart, only worn once, length 80 cm, photo available £10 07758684885

Nike Hooded Gilet Royal blue, large boys age 12-15 (chest 152-158 cm), very good condition £10 01621 893321 or 07887842073

Men's Coat Full length leather gothic matrix style size XL, good condition, buyer collects. £30.00 01245 603678

women's boots new anarchy purple velvet boots size 4, never worn. buyer collects £20.00 01245 603678

Classified

Collectors Items

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CLASSIC DRINKS COLLECTOR
A set of 10 model vintage vans and lorries with the liveries of famous drink brands such as Malibu, Smirnoff, J&B, Long Gin, Drambuie etc. Made in diecast metal by Mattel in the UK. In as new condition in special presentation box. Can deliver. £13 01438318734 or 07988559201

CORGI CLASSICS MODEL BEDFORD VAL COACH in Smiths Tours (Shearings) colours. This is a limited edition number 2246 of 500 produced. 1:50 scale and includes drivers' badge. Unfortunately the official corgi miniature is missing otherwise it is in as new condition and boxed. Can deliver. £25 01438318734 or 07988559201

CORGI CLASSICS MODEL ERF CYLINDRICAL TANKER Corgi WORTHINGTON COLOURS. This is a limited edition number 8120 of 10,000 produced. Made in die cast metal, includes unpainted figures and painting instructions, in as new condition and boxed. Can deliver £15 01438318734 or 07988559201

PADDINGTON BEAR NEW FIFTY PENCE COINS IN AS UNCIRCULATED condition, celebrates the 60th anniversary of his first appearance, one coin shows him sitting on suitcase at the station, the other he's at Buckingham Palace waving the flag, very sought after. £10 077043042

Merrythought Rabbit Large, metal, colours of brown, white rabbit with long ears, white tail. 50cm height, wide 25cm, full yellow label, very good condition, contact for photo £20 050 07758684885 or 01245901458

PRINCESS ELIZABETH'S WEDDING DAY VINTAGE 1947 PITKIN Pictorial Tourist Visitors Guide, heaps of photos & editorial covering the entire event, in excellent condition & stored for decades, private sale. £10 077043042

REAL SOFT TOYS TEDDYBEAR Light brown fur mix Teddy by Watford firm, 42 cm x 25 x 15, Leather collar with bell' Teddy pig's label attached, photo available, very good condition £10 050 07758684885 or 01245901458

COLLECTION OF CORGI CARS, BUSES AND TRUCKS This is a collection of over 60 models that include a few limited editions. Please contact for a list and prices. £05 01438318734 or 07988559201

JELLYCAT PLUSH BEAR Very good condition, 129cm, attached label, chocolate brown fur, very cuddly, 38 cm height, 40 cm wide, contact for photo £10 050 07758684885 or 01245901458

LEDO VANGUARDS MODEL TRIUMPH HERALD SALOON CAR 1:43 scale in red. Made in diecast metal in the UK. In as new condition and boxed. Can deliver £8 01438318734 or 07988559201

Decorative Plates Street Sellers of London complete set of 8, immaculate condition, tins, boxes, certificates, buyer collects. £50.00 01245 603678

TRIANG METAL 1950S ROCKING HORSE Triang model in good condition with sliding wooden seat, gift or collectors item, photo available. £40 050 07833787038 or 01245901458

RAILWAY MODELLER magazines 50 pence each or 12 for 5 pounds £1 01702 231002

Computer/Games

DESKTOP COMPUTER CPU HEATSINK AND FAN AKASA Nero AK-967 for Intel and AMD processors. Suitable for Intel LG4775, LG41366 and AMD Athlon 3, AM2 and AM2+ processors. Low noise bright black 120mm PWM fan. 3 Long heat pipes for rapid heat transfer. Easy push pin (Intel) or screw lever (AMD) mounting. In good working order and can deliver. £17 01438318734 or 07988559201

COMPUTER 3-SHELF UNIT Black tubes & black ash wood finish, on casters. Size, HxDxB= 86x35x50 cm 5 different units & sizes have to go BRENTWOOD. £15 01277 223377

DESKTOP COMPUTER RAM, 1GB, OCZ REAPER. HPC (heat sink) condult, 240 pin, 1GB DDRAM, 1066Hz (PC2 8500), model no. OC2RPR10662GK. In good working order and can deliver. £15 01438318734 or 07988559201

Samsung Galaxy Tab 3 - 7 inch Tablet - with all original accessories + box and come with Samsung branded case. The tablet is in immaculate condition. A bargain for serious buyers. Excellent Xmas present. £60 07746100626

Computer/Games

Palm Vx Handheld PDA Includes hot sync cradle & battery charger via serial port. Leather case, stylus pens. Handbook & CD. Boxed as brand new. Ideal for enthusiasts or collectors of electronics. £5.00 01277 655272

3 SHELF COMPUTER UNIT Black Ash finish to wood & black on metal tubes. On casters. Size HxDxB = 86x35x50 cm. 3 different models available. BRENTWOOD. £15 01277 223377

Nintendo Wii 'Band in a Box' wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used in great condition. Ring after 7.30pm. £80.00 01245 610330

Sat-Nav Binatone F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £100 01245 610330

2 SHELF-UNIT FOR COMPUTER Black Tubes and Shelves, 2 shelf unit on casters. HxWxD = 71x60x35 cm. BRENTWOOD. £15 01277 223377

BLACK SHELF UNIT FOR COMPUTER HxWxD = 91x64x32 cm. Black tubes and 3 Shelves, without casters. BRENTWOOD. £12 01277 223377

COMPUTER TWO shelf unit Tubes & 2 Shelves in black, unit has casters. HxWxD = 71x60x35 cm. BRENTWOOD £15 01277 223377

COMPUTER THREE SHELF UNIT White tubes & shelves, but not on casters. HxWxD = 92x60x32 cm. BRENTWOOD. £15 01277 223377

Furniture

DINING ROOM TABLE
Teak table 1.2m round extendable to 1.6m plus four teak chairs. VGC.

G PLAN

3 seater settee and 2 seater settee with electric recliner. Only 4 years old, very good condition. Beige/light coffee coloured printed fabric.

E250 ono

07944151611
or 07931934411

NATHAN TEAK WALL UNITS
3 units ht 1.93m width 1.02m plus one low level teak TV unit. VGC. Can be bought individually.

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07944151611
or 07931934411

THREE PIECE SUITE
Three seater settee plus two armchairs. Excellent condition. Smoke and pet free house.

E245 ono

07944151611
or 07931934411

BUFFET/DISPLAY UNIT by Bridgecraft. Hand carved mahogany veneers with drop leaf mirrored drinks section, cutlery drawer, concealing lighting and glass display unit. Very expensive when new, vgc £100 01277 652018

G Plan Teak Double Wall Unit includes drinks cabinet with folding doors, lighting, glass display shelves and two cupboards. W5' H5' 10" D21". Excellent condition. Buyer collects. £50 01621 893321 or 07887842073

Wall Unit, G Plan Teak, includes lighting, glass display shelves and two drawers. Width 2' 6" Height 5' 10" Depth 21". Excellent condition. Buyer collects. £50 01621 893321 or 07887842073

Retro Formica Cabinet White & Teak effect; 2 glass doors & interior light; fold down door; shelf; 2 cupboards, 3 drawers W60" H52" 16" on casters (Romford) £20 07948 318956

4 piece suite One 3 seater, one 2-seater, 2 armchairs, light beige and green fitted fabric covers, Good condition. Great baddow. £75 Chelmsford 698446

Furniture

Ikea workstation Black corner MICKLE workstation hardly used. Suitable for home office or office £40.00 050 07857639930

Parker Knoll Occasional chair. Ideal bedroom. Square back, removable seat in beige grey and pink muted pastels. VGC £15 050 01277 2831149

Chest of Drawers H34" W22" D16" Lightweight, 4 drawers, light brown wood (Romford) £7 07948 318956

ROCKING CHAIR Glider nursing rocking chair. White. (No cushions/covers.) £15 050 01245 355418

TV stand Tv stand 3 tier glass corner unit. h50 w80 d40cm £20 050 0127942873

Sofa bed Dark pink sofa bed hardly used v g c £80 01245453149

Hobbies (Sales)

SEA TOILET - Simpson Law- bence. Ready for a rebuild. Black plastics Seat & Cover. White Earthenware Bowl. Bronze Pump, Valves, Handle. East iron Base. BRENTWOOD. £50 050 01277 223377

Fabrics for craft Large selection of fabric offcuts ideal for crafts. Prices from 50p or by yardage. Please contact for a free price list to E5 0127821149

BOAT FENDERS 30ff Blue 45x16cm. 10ff Blue 40x14cm. 50ff Blue 35x9cm 30ff Blue Teardrop 30x 19cm BRENTWOOD. Each £3 01277 223377

LIFE PRESERVERS - ORANGE 3 Off Child size Crewsaver. 1 Off Adult size Helly Hansen Navigator BRENTWOOD £15 01277 223377

MOORING WARP 21m hank of 10mm black polypropylene PolyProp. Including black thread. BRENTWOOD £6 01277 223377

HORNBY SELECT R8213 DCC controller complete with instruction book and power supply £60 01702 231002

Heritage Railway Magazines issues 2010 to 2016, 60 magazines in total £25 01702 231002

Domestic Appliances

Vacuum Cleaner Upright a good Electrolux hover works fine. Collection from Great Baddow, Chelmsford. £6.00 07754 972942 or 01245476144

central heating boiler gas made by Viessmann vitodens 100 power flushed and ready to go. Comes with 38mm gas pipe 07788190709 or 01245443036

Microwave Goodmans 60 Watt Large 1.2 cu.ft capacity, 7 power settings, manual controls W55.5cm H45cm D39.5cm (Romford) £10 07948 318956

BOSCH Larder Refrigerator standard size in good working order. Move forces sale £45 01277 652018

DYSON DC41 + accessories. £45 050 01245355418

Miscellaneous Sales

LOVELY PAIR OF LADIES BOOTS MADE BY 'TAMMIS' LEATHER. FUR TOP SIZE 4/37 BOXED. COST 770 THESE BOOTS CAN BE WORN FOLDED UP OR DOWN. THEY ARE IN PERFECT CONDITION. WORN TWICE. HALF PRICE FOR BEAUTIFUL PAIR OF BOOTS £35 07542880771

Child Car Safety Seats 2 x Graco Logico L Child Car Safety Seats 15-36Kg Weight (ECE R44.04 Group 2/3) only used for grandchildren, excellent condition (kept indoors when not being used) £40 050 0127722952 (ring after 12 noon)

Child Car Safety Seat Tobii Maxi Cosi Child Safety Seat 9-18kg Weight (ECE R44.04) only used for grandchildren (maximum 14 times) in out-standing condition (only kept indoors) £50 050 0127722952 (ring after 12 noon)

Winnie the Pooh clock Royal Selangor pewter and wood clock. All characters at base of clock in pewter. Orig price 785 Perfect working order. Superb condition. Ideal gift. 15cm high by 9cm wide Collectors piece. £15 01277 624103

4ft LAUREL BUSHES SUPERB QUALITY POT GROWN IN HOLLAND. NOW IS THE TIME TO PLANT. CALL FOR AN INSTANT EVER-GREEN HEDGE. CALL TO SEE SAMPLE IN CM11 1QN £6.50 01268711002 or 07542880771

Miscellaneous Sales

CANTEEN OF CUTLERY Besteck Qualitat Seitt 1829 50 pieces in new 70 piece stainless steel cutlery in lovely case. Only used once or twice. An absolute bargain. £80 01277 652018

Louis Vuitton LV print beige grey and pink muted pastels. Handies with LEATHER canvas etc. Pics avail by email. Designer inspired A1+ quality with padlock (no key). £99 050 07748934743 or 01277363696

NORITAKE LEGENDARY SEANCE bone china dinner/tea ware 45 pieces, includes 3 size plates, bowls, tureen, salt and pepper pots, sauce boat, cups, saucers, teapot, milk and sugar £65 01277 652018

SUMMER CHINTZ Beautiful delicate patterned china tea ware complete 70 pieces all in very good condition includes, teapot, milk jug, sugar bowl and many more. £50 050 01277 652018

Table Runners ideal for wedding, Christmas or party events. 5 x burgundy jacquard floral weave design 35 x 200cm with tassels. Individually packaged. £3 each or all for £12 01245 465632

JOHNSON "Spirits of Nature" teaware 40 pieces including teapot, milk jug, sugar bowl, 8 each cups and saucers and more, very attractive and in vgc £40 01277 652018

LIMITED EDITION PRINTS x 2 by Mary Fair Power (1948-1982) signed in pencil to image, abstract formation, 36" x 29" very sought after prints each £40 01277 652018

VANGO BACKPACK Sherpa 65 Polar model used only once so in vgc. Ideal for travelling £20 01277 652018

Wine Rack. Holds 30 bottles see Argos page 777. Good condition. £10.00 01245 226877

Sports & Leisure (Sales)

BOAT FENDERS FOR BOATS 3 Off Blue 45 x 16 cm 1 Off Blue 40 x 14 cm 50 Off Blue 35 x 9 cm 3 Off Blue Teardrop 30 x 19 cm BRENTWOOD. Each £3 01277 223377

TRAILER REVERSING BAR 2.5 m steel tube with ball-hitch at one end & tow-coupling at other. Simple way to reverse the swing of a boat trailer when reversing into water. £25 01277 223377

Cricket gear. Batting pads, Slazenger youths, GM trolley cricket bag and two Slazenger bags. All very good condition. Each item £10 01621 893321 or 07887 842073

LIFE-LINE CrewSaver Yellow & 3/5-2T double life line, thus THREE POINT ATTACHMENT. You & 2 other points. There's safety in numbers. BRENTWOOD. £25 01277 223377

MEN'S SKI JACKETS 2 x 2 medium. Ice Peak Jacket, black/white/grey and French Oxyane jacket grey/white and red. Both worn once only. vgc each £20 01277 652018

Boat's JETTY RUBBING BOARD About 11 ft long, 9 inch wide x 1.5 inch thick. Ready drilled for ropes. BRENTWOOD. £15 01277 223377

Man's Bicycle Halfords Apollo Prodigy 21 Brand new tyres. Shockwave suspension. Good working order £40 050 01277821149

SAFETY HARNESS & LIFE-LINE This safety harness & life-line are in blue. ANKA make. BRENTWOOD. £21 01277 223377

LADIES TRESPASS SKI JACKET size 10/12 black with fur hood in very good condition, £20 050 01277 652018

LUHTA SKI JACKET lime green colour, size 14/16, in very good condition £15 01277 652018

MOORING WARP 11m of 15mm Dia Nelson type. No black thread. BRENTWOOD £5 01277 223377

MOORING WARP 21m hank of Nelson look-alike PolyProp. including black thread. BRENTWOOD £7 01277223377

SALOMON SKI BOOTS black/grey in very good condition, ski boot size 328mm (28.5 fit size 7 shoe) £25 01277 652018

KILLY Ladies fitted ski Jacket in white size 10 and in very good condition £15 01277 652018

Ladies golf Clubs Full set + bag, trolley & stand. £55.00 01376 571698

Arts & Crafts

Arts & Crafts

CARAVAN OR BOAT POWER CABLE 10m Long. (Orange with blue Plug & Socket on ends) BRENTWOOD. £15 01277 223377

CHEESE-DISH & COVER Domed earthenware, 8 inch high. 10 inch diameter. Flowers and wickerwork design. BRENTWOOD. £60 01277 223377

Gold leaf imitation pack of 100 leaves, 140mmx140mm, free delivery £4.00 07754527460

Beds/Bedroom

FUTON COVER IKEA denim replacement cover and pillow/cushion covers unused, still wrapped, To fit Size 62" x 82" plus overlaps. £25 050 01277 652018

John Lewis Bedhead For kingsize in pale cream wood with removable panels so you can put your own fabric in if required. Cream at the moment. £25 050 01277 824103

Ikea 2 seat sofa bed Askeby, size Reistro style 149cm d72cm 172cm faux black leather, easy to fold out to a bed, excellent condition £70 07973748141

Duvet Beddeck duvet super king 10 x 5 never used cost £75 new £30 01245443149

Bathrooms

Bathroom/Cloakroom Suits. Reistro style, two matching suites each including a toilet, cistern, basin and pedestal with floral design. 172cm faux black leather, easy to fold out to a bed, excellent condition £70 07973748141

electric shower Made by Triton T80 Pro-fit 8.5Kw model 860808P Brand new and still in box £100 07788190709 or 01245440306

BATH Board with handle, in excellent condition £13 01702 231002

Bicycles

V Marasa Bicycle

20" frame. Excellent condition, only used a couple of times since new. Stored in dry conditions, frame unmarked. Price includes trip computer, helmet and Bike Care Plan until July 2019

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Gents Bicycle Gents Raleigh "Pioneer" Bicycle, 18 gears & fitted with dutch rear wheel security lock. Very good condition £100 call 01920 460629 to view

CARAVAN OR BOAT POWER CABLE 25m (Orange with blue Plug & Socket on ends) BRENTWOOD. £25 01277 223377

Man's bicycle Halfords Apollo Prodigy 21 Brand new tyres. Shock wave suspension. Works well £40 01277821149

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BOAT JUMBLE What offers for all my boat-jumble. Sold the boat! Now boat-bits have to go! BRENTWOOD. Offers only above £1 01277 223377

Childrens Clothing

Boy Clothes aged 8-10 40 items, shirts, T's, jeans, jackets inc several Benetton, Quiksilver, Timberland, Levis & 2 old Barca kits. VGC £30 01376 573492

CRGS Blazer size 34 - only worn for 5 weeks, as good as new £45 01376 573492

Books For Sale

STEAM RAILWAY Magazines 30 issues available. 2015 to 2017 £18 01702 231002

Books For Sale

BRITISH RAILWAY Modelling issues available from 2004 to 2017 50 pence each or 12 issues for 5 pounds £1 01702 231002

Building Materials

DARK-STAIN INTERIOR DOOR 15 (x 3 x 3) panes of Flemish Glass. Size 27 x 78 x 18 3/8 thick. inches. Handles, No hinges. Recesses for ball-catch & double door flick-up. BRENTWOOD. £15 01277 223377

hardwood front door 44mm thick with 2 glass panels with door furniture good condition £100 01245440306 or 07788190709

MANHOLE SILL & COVER Cast iron cover & surround for ManHole. Imperial Dimensions obviously. BRENTWOOD £25 01277 223377

Christmas Trees & Decorations

Table Runners ideal for Christmas dinner table. 5 x burgundy jacquard floral weave design 35 x 200cm with tassels. Individually packaged. £3 each or all for £12 01245 465632

Christmas trees Approx 20 artificial trees for sale-various colours and sizes up to 6ft. Job lot £50 01277821149

Garden Furniture

STONE TROUGHS x 3 each 30 inches long x 10 inches wide. Attractive pattern and in very good condition. House move forces sale. £100 01277 652018

PICNIC TABLE Wooden painted green and in good condition. House move forces sale. £15 01277 652018

Musical

GUITAR 3/4 size LAUREN Model 50-NT, without 3/4 'boxey' sound. Most unusual, I think. An encouraging first instrument. With shoulder strap & soft case. 590 mm strings. BRENTWOOD £35 01277 223377

TANGLEWOOD GUITAR Full-size model TW-60. Nylon Not Steel strings. 650mm string length. With a soft case. BRENTWOOD. £50 01277 223377

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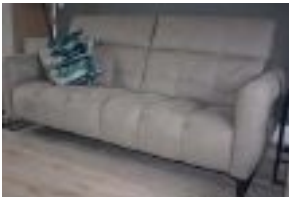
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Very high quality sofas for sale. 'Philo' design. See Natuzzi.com website. Unique modern designed, quilted shape with metal feet. Clean-lined shaped armrests and backrest that also folds down to a low back, soft padding for comfort. Only 6 months old. Excellent condition.

Light grey material. Invoice available for price paid in May 2018. £6,103.00 Size: 78-102cm height of back. 110cm deep. 212cm wide.

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Sheridan curtains Beautiful lined fully washable Excellent condition To fit window 118cm high and 150cm width. Deep blue green with multi-colored William Morris style floral pattern. As new £20 ono 01277824103

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Public Notices

Essex County Council

(Various Roads, District of Harlow) (Temporary Prohibition of Traffic & Clearway) (No.7) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the District of Harlow as specified in the schedule to this Order.
2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 20th December 2018 exact dates will be specified on <http://roadworks.org/>. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter/leaflet drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order came into effect on 20th December 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Schedule

Road	Description	Alternative Route
Northbrooks/ Sharpcroft, Harlow	From its junction with Little Grove Field to its junction with Harberts Road, a distance of approximately 735m	Sharpcroft, Little Grove Field, Wedhey, Harberts Road and vice versa
Broadway Avenue, Harlow	From its junction with Park Hill to end of road, a distance of approximately 215m	No diversion available
Glebelands, Harlow	From its junction with Tanys Dell to its junction with Mowbray Road, a distance of approximately 195m	Glebelands, Mowbray Road and vice versa
Spring Hill, Harlow	From its junction with Hobtoe Road to its junction with Hobtoe Road, a distance of approximately 458m	Hobtoe Road and vice versa
Harolds Road, Harlow	From its junction with A1169 Elizabeth Way to its junction with Harbours Road, a distance of approximately 326m	A1169 Elizabeth Way, Barrows Road, Harbours Road and vice versa
Brockles Mead, Harlow	From its junction with Ployters Road to end of road, a distance of approximately 286m	No diversion available
Coldharbour Road, Harlow	From its junction with Coldharbour Road to its junction with A1169 Elizabeth Way, a distance of approximately 588m	Coldharbour Road, Fourth Avenue, A1169 Elizabeth Way and vice versa
Collins Meadow, Harlow	From its junction with Helions Road to its junction with Helions Road, a distance of approximately 500m	Helions Road and vice versa
Station Road/ Priory Avenue, Harlow	From its junction with Manor Road to its junction with Station Road (A414 RAB), a distance of approximately 293m	Manor Road, The Hill, Wayne Street, High Street, Station Road and vice versa
Water Lane, Harlow	From its junction with A1169 Southern Way RAB to its junction with B181 Epping Road RAB, a distance of approximately 1350m	A1169 Southern Way, A414, Hastingwood RAB, B1393 London Road, B1393 High Road, B181 Lindsey Street, B181, B181 Epping Road, and vice versa
A1169 Third Avenue, Harlow	From its junction with Peldon Road RAB to its junction with Elizabeth Way RAB, a distance of approximately 624m	A1169 Elizabeth Way, A1019 Fifth Avenue, A1019 Velizy Avenue, A1025 Third Avenue and vice versa

(Potash Road, Matching) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Potash Road, Matching in the District of Epping Forest, from a point approximately 450m north of its junction with Anchor Lane for a distance of approximately 80m in a northerly direction. The closure is scheduled to commence on 10th January 2019 for 5 days, or where stated on a valid permit (BC006MU1WB4USEIBW1J9LK02 - BT). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce whilst renewing cover in the footway works are undertaken by BT.

An alternative route is available via Chelmsford Road, Church Lane, Matching Lane, Snobs Farm Lane, Anchor Lane and vice versa.

The Order came into effect on 20th December 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

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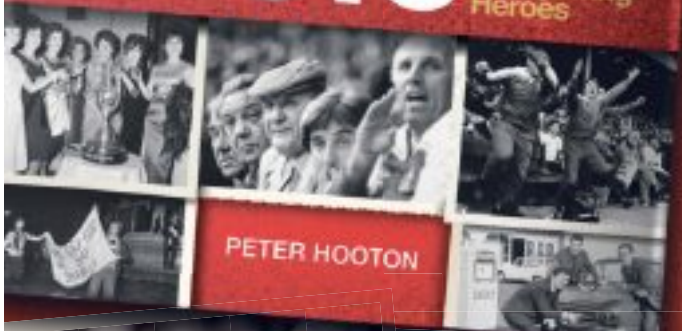
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SPORT



Action from Bishop's Stortford's derby clash with Harlow Town
ROB FURBER

Hawks lose after letting lead slip

HARLOW WERE 2-0 UP AT BREAK AGAINST URCHINS

HARLOW Town boss Danny Chapman is looking for his side to bounce back following two defeats over the festive season, starting with a potentially tough trip to Corinthian Casuals this Saturday.

Hawks ended the year on a disappointing note, surrendering a two-goal lead to fellow basement side AFC Hornchurch.

Goals from Emile Acquah and Matt Foy had Harlow poised to go in at the break 2-0 up.

However, errors from Josh Bexon and Yannick Kissi allowed Sean Marks and Lee Porter to bring the game level.

Marks scored two further goals on 64 and 77 minutes to seal victory and bring The Urchins away from the relegation zone, although they remain in 19th place.

The result, hot on the heels of the 1-0 derby reverse to Bishop's Stortford, saw Harlow drop one place to 21st, now four points from safety, and with fewer games left to play.

"We've got to take the positives out of the last few games as well as look at the negatives," Chapman told Harlow Town FC TV.

"We can't dwell on things too much otherwise we'll slip into that

mentality we were probably in a couple of months ago.

"We've got to prepare for the next few games, every game is hard at this level whether you're playing teams from the top or at the other end of the table.

"We're looking to bring some new players, in but it's not as easy as picking the phone up - there's a process behind it. We are a bit threadbare."

Chapman moved to strengthen the squad with the double signing of Cabhan Clarke and Jonathan Moanda ahead of the festive fixtures.

Clarke is a young goalkeeper who joined the Colchester United Academy at the age of 14 from Broxbourne Borough before moving into the U's U18 side.

He was released this summer at the end of his scholarship, and will now provide more goalkeeping options for the Hawks.

Moanda is a defender who joins the Hawks after a short stint with Northwood. Prior to that he started the season with Farnborough.

They add to the loan signing of Luton Town teenager Drew Richardson on a one-month work experience deal.

All this follows the departures of

Christian Scales and Louis Yuill.

"We've brought in Jonathan [Moanda] from Farnborough, Louis and Christian have both got opportunities to play football full-time, one in America and one in Sweden and we wish them all the best," said Chapman who rued defensive errors against the Urchins.

"There were two key moments in the first half and one was the opportunity to put us 3-0 up," he said.

"You go in at half-time 3-0 up and it's a different story. We said the next goal was so important - and to be fair to Hornchurch they scored three great goals.

"We never got on the front foot in the second half. I think when the second goal went in we looked a bit sorry for ourselves, which is disappointing because that hasn't been the case in recent week.

"So to be winning at half-time and lose 4-2 is a massive disappointment.

"We expect our defending to be better than what it was - it's people that have switched off at key moments and got punished for it, so that's disappointing.

"The two quick fire goals killed us."

Westley starts new year with a best time

SEVERAL Harlow Running Club Members recovered from the New Year's Eve celebrations by completing various parkruns the following morning.

Some even finishing two closely located races that had different start times.

At the Ilford parkrun Martin Westley finished in sixth place out of 358 finishers in a superb personal best (PB) time of 18min 04sec.

Andy Kitson was 22nd in 20:19, Paul Schroder 27th in 20:45, Laura Prime 133rd in 26:34, Wendy Schroder 145th and second female Vet 45 in 26:58, Liz Roberts 248th in 32:17 and Sara Coombe 341st came home in 49:15.

Westley then made the short trip to Wanstead Flats for a parkrun there along with a few of his teammates, finishing in fifth place out of 359 finishers in 18:11, Schroder was 96th in 24:25, Kitson 97th in 24:26, Prime 175th in 26:55, Schroder 214th in 27:52 and Liz Roberts was 283rd in 30:34.

At the Ware parkrun, Ben Usher finished eighth out of 216 finishers in 21:23. Catherine Ridge was 27th and second Female in 25:02, Sean Flynn 32nd and first Vet 60 in 25:38, Graham Saville 36th and second Vet 60 in 25:56, Terry Ridge 42nd in 26:43, Holly Davis 44th in 26:48, Darren Rautenbach 50th in 27:11, Gail Nicholls 50th and first female Vet 50 in 27:16, Martin Elven 64th in 27:58, Alan Cootes 65th and third Vet 60 in 28:02, Spencer Brooks 114th in 31:18, Paul Cadogan 118th in 31:30, Hossein Erfani 138th and first Vet 65 in 33:17 and Helen Brunton 192nd in 45:23.

Just around the corner at the Hertford parkrun, Colin Baker finished in 33rd place out of 521 finishers in 21:00.

Sean Flynn was 106th in 23:49, Louise Kedge 158th in 25:32, Holly Davis 222nd in 27:10, Paul Cadogan 292nd in 29:09 and Holly Nairn 350th in 30:59.

Further up the A10 at the Bishop's Stortford parkrun, Graham Saville came home in 66th place out of 270 finishers and was first Vet 60 in a time of 24:02. Darren Rautenbach was 69th in 24:11, Andy Smith finished 74th in 24:23, Martin Elven 80th in 24:37, Spencer Brooks 147th in 27:20, Vicky Steadman 177th in 29:10 and Hossein Erfani 178th and second Vet 65 in 29:16.

At the Hoddesdon parkrun, Andy Smith finished in 41st place out of 145 finishers in 27:32 and Tracy Stratford was 68th in 30:21.

Further afield the Colchester parkrun saw Lee Webber finish in 14th out of 306 finishers in 20:18.

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